

Carrot & Coriander Fritters

Serves: 2-3 as a main

From the Garden: spring onion, coriander, carrot, lemon, eggs, garlic

Ingredients:

250g haloumi

2 large carrots

5 spring onions

1/2 cup coriander leaves

1 tbsp coriander seeds

20g plain flour

2 eggs

extra e.v. olive oil

Dressing:

90ml e.v. olive oil

1 tbsp honey

1 tsp wholegrain mustard

finely grated zest and juice of 1 lemon

sea salt

freshly ground black pepper

Equipment:

Basic toolbox, non-stick frying pan, box grater, mortar & pestle, paper towel, plate

Method:

1. Wash and dry coriander leaves thoroughly. Roll them up in paper towel to soak up any water on the leaves. When dry chop the coriander finely.
2. Wash and dry spring onion and slice finely, set aside.
3. Cut off and weigh 50g of the haloumi and coarsely grate.
4. Take the remaining 200g of haloumi and slice in 5mm slices, then set aside.
5. Wash and dry carrots thoroughly. Peel and then coarsely grate carrots.
6. Measure out the coriander seeds. Toast them in the non-stick frying pan over medium heat. When toasted place in a mortar and pestle and crush.
7. Crack the eggs into a small bowl and whisk gently.
8. Now in a large bowl combine the grated carrots, coriander leaves, toasted and crushed coriander seeds, grated haloumi, flour, eggs and spring onions. Add a pinch of seas salt and a good grinding of black pepper.
9. Mix to combine all the ingredients really well. Place in the fridge to rest for 10 minutes.
10. Place a non-stick frying pan on a stove burner on medium heat. Add a glug of olive oil and leave to warm.
11. Meanwhile form the carrots mixture into 12 patties. Flatten them slightly with your hands.
12. Cook the carrot fritter for a couple of minutes on each side or until golden. Remove them to a plate while to cook the others.
13. When all the fritter are done add the slices of haloumi and cook for a minutes on each side. There should still be enough oil left in the pan... if not, add another glug on olive oil.
14. For the dressing place all ingredients into a bowl and whisk until combined.
15. Now arrange the fritters in layers with the fried haloumi into a stack and drizzle with the sweet lemon dressing.

Tasks within two * __* means please get an adult to help.

Recipe reference: adapted from "Vegetarian" by Alice Hart.