



Beetroot Fritters

What to collect

Ingredients	Equipment
250g beetroot, grated	grater
100g chickpeas (cooked)	knife
2 tablespoons fresh mint, chopped	chopping board
2 tablespoons parsley, chopped	salad spinner
1 tablespoon dill, chopped	frying pan
2 spring onions, finely chopped	bowl
zest of ½ lemon	wooden spoon
1 tablespoon tahini paste	metric measuring spoons
1 egg	paper towel
½ teaspoon salt	
pepper	
rice bran oil for frying	

What to do

1. Squeeze the beetroot to remove excess liquid and transfer to a bowl.
2. Add the other fritter ingredients except for the oil and mix well.
3. Pour enough oil into a large frying pan to come 1 cm up the sides and heat.
4. Using the palms of your hands, roll pieces of the beetroot mixture into compact balls, then flatten them into patties.
5. Fry in the hot oil for 2 to 3 minutes on each side, until golden brown.
6. Place them on paper towel to drain and continue cooking the fritters in batches.
7. Optional: You can serve them with Greek yoghurt.