



CARROT FRITTERS

INGREDIENTS

- 1/2 lb (220 grams) carrots, grated
- 1 small egg
- 4 Tbsp all-purpose flour, plus more if needed
- 1 garlic clove, grated
- 1 tsp ground cumin
- 2 Tbsp coriander leaves, chopped (optional)
- 1/2 tsp fine salt
- 1/8 tsp pepper (optional)

INSTRUCTIONS:

1. Preheat the oven to 400F (fan forced) and grease or line with parchment paper a baking pan.
2. In a bowl, mix well all the ingredients until combined. You want to drain the grated carrots removing the excess moisture. You might add a bit more flour if the mixture is still wet.
3. Take a heaping tablespoon of the mixture, place it on the baking pan and flatten slightly with your hand.
4. Bake the fritters for about 12 minutes, then turn them over and keep baking for a further 12 minutes or until golden and crispy. Check your oven, the baking time might be slightly different.
5. Make a super easy yogurt-hummus dip simply mixing plain yogurt, hummus and lemon juice.
6. Serve the fritters, warm or cold, with the yogurt-hummus dip!