

# THE WELL.

Nourish. Restore. Be.

## COURGETTE FRITTERS (Mucveri)

Crisp on the outside, tender on the inside, and full of fresh flavour. These fritters are a delicious way to enjoy courgettes and herbs. Perfect as a light meal, side dish or added to your mezze spread.



### INGREDIENTS

- 2 large courgettes (about 500g)
- ½ white onion, finely chopped
- 2 spring onions, finely sliced
- 2 garlic cloves, minced
- 3 eggs, lightly beaten
- ½ cup chickpea flour / buckwheat flour (60g)
- ¼ cup fresh parsley, chopped
- ½ tsp paprika
- 80g feta cheese, crumbled
- Sea salt and black pepper, to taste
- Olive oil, for frying

### THE KNOW HOW

- 1 Grate the courgettes and place in a bowl with a pinch of salt. Leave for 5–10 minutes to draw out the moisture.
- 2 Place the grated courgette in a clean tea towel and squeeze out as much liquid as possible (this step is key for crisp fritters).
- 3 In a large bowl, combine all ingredients and mix well until fully combined.
- 4 Heat a generous drizzle of olive oil in a large frying pan over medium heat. Add a spoonful of the mixture to the pan and gently flatten with the back of the spoon. Cook for 3–4 minutes on each side, or until golden brown and cooked through. Transfer to a plate lined with kitchen paper.



Tip: Serve warm with a squeeze of lemon, a dollop of yoghurt or tzatziki, and a simple side salad.



### The Well Benefits



Antioxidant



Anti Cancer



Anti Inflammatory



Heart Healthy



Immune Boosting



High Fibre



Helps Lower Cholesterol



Digestion Support

