



CURRIED BUTTERNUT SQUASH & CAPSICUM FRITTERS (V, GF)

Season:	All year round
From the garden:	butternut squash, capsicum, spring onion, chives, coriander, sage or other fresh herbs, garlic
Type:	entree / snack
Difficulty:	easy
Serves:	makes 30 mini fritters
Source:	Adapted from: https://www.adashofmegan.com/vegan-curry-butternut-squash-fritters/

Equipment

- Clean tea towel
- Large mixing bowl
- Small bowl x2
- Mixing spoon
- Grater
- Whisk or fork
- Tea spoons
- Tablespoons
- Paper towels
- knife
- chopping board
- spatula

Ingredients

- * 1 butternut squash (to make 4C grated squash)
- * 2 capsicums (to make 1C chopped)
- * 2 long spring onion shoots
- * Bunch of coriander / chives or other herbs
- * 2 cloves garlic
- * 2 Tbsp flax meal + 5 Tbsp water*
- * 2/3 C Gluten Free flour blend*
- * 2 Tbsp olive oil
- * 1 tsp salt
- * 1/2 tsp ground black pepper
- * 1 tsp curry powder
- * 1/4 cup coconut yoghurt (optional)

* The flax meal + water can be substituted for 2 large eggs for a non-vegan alternative

* Regular flour can be substituted for GF flour if no gluten issues.

Method

1. If using flax meal and water instead of eggs, mix the flax meal and water in a small bowl. Let sit for 5-10 minutes, until it thickens and reaches a gel-like consistency. **PTO**

2. Cut the ends off the butternut squash and put them in the compost. Chop the squash into rectangular chunks (skin removed) and grate the chunks until you have about 4 cups of grated squash. Add to a large bowl.
3. Wash and finely slice the spring onion and add to the large bowl.
4. Wash and finely chop the available herbs and add them to the large bowl.
5. Wash the capsicum, cut in half, deseed, dice into very fine pieces and add to the large bowl.
6. If using eggs (rather than flax meal + water), break them into a small mixing bowl and beat lightly with a fork or whisk. Add to the large bowl.
7. Add the flour, curry powder, salt, black pepper (and flax meal mixture if using) to the large bowl and mix all together. Add an extra tablespoon of water if the mixture is too dry.
8. Heat the olive oil in a large frypan on medium heat. Place teaspoonfuls of the mixture (in batches) into the pan, gently flatten with the back of a spatula and cook for approximately 3 minutes on each side or until golden brown in colour. Once cooked, place them on a few sheets of paper towel to drain excess oil. Cover with a clean tea towel to keep warm until ready to serve

These delicious fritters can be eaten as they are or served with a dollop of either coconut yoghurt or sorrel and yoghurt dip, then topped with spicy capsicum salsa. Delicious!

SKILLS: *Dicing, grating, whisking, batch frying.*