

By continuing to use our site you agree to us using cookies in accordance with our [cookie policy](#).

AGREE

COURGETTE FRITTERS

Serves: Makes about 25

I know the word fritter conjures up a complex world of deep-frying and dense-eating, but these are light, simple babies - just grated courgettes, mixed with feta, herbs and spring onions, stirred up with flour and eggs and dolloped into a frying pan to make little vegetable pancakes which, unlike most fried food, are best eaten not straight out of the pan, but left to cool to room temperature. This takes any slaving over a hot stove element out of the equation: you just spoon serenely away over your pan before anyone's around.

I like these best as a starter - or just as they are, along with a green salad, for a meat-free, summer's lunch.

Recipe posted by Nigella

Ingredients

4 courgette(s) / zucchini (approx 750g)
5 spring onion(s) (finely chopped)
250 gram(s) feta cheese
1 bunch(es) parsley (chopped)
1 bunch(es) fresh mint (chopped (plus extra to sprinkle over at the end))
1 tablespoon(s) dried mint
1 teaspoon(s) paprika
140 gram(s) plain flour
1 pinch of salt (to taste)
1 pinch of pepper (to taste)
3 medium egg(s) (beaten)
1 splash of olive oil (for frying)

3 limes

Method

1. Coarsely grate the courgettes with either the grating blade in the processor or by hand.
2. Spread the little shards out on a tea towel and leave for about 20 minutes to get rid of any excess wetness.
3. Put the chopped spring onions in a bowl and crumble in the feta. Stir in the chopped parsley and mint, along with the dried mint and paprika. Add the flour and season well with salt and pepper. Gradually add the beaten egg and mix thoroughly before stirring in the drained, grated courgettes. Don't be alarmed by the unflowing straggly lumpiness of this batter; it's meant to be this way.
4. Heat a few tablespoons of oil in a large frying pan and drop heaped dessertspoons of the mixture into the hot oil, flattening the little cakes down with the back of the spoon as you go. Cook these little patties for about 2 minutes each side until golden, and then transfer to a couple of waiting plates.
5. Chop up the limes and tumble them about the edges of the plates. Sprinkle over a little more chopped mint and eat them just as they are, spritzed with lime juice as you go.

Additional information - for vegetarians check that the feta is a brand that doesn't use animal rennet.

Tried this recipe?

Why not leave a comment or a suggestion?

Please note, questions and queries for the [nigella.com](http://www.nigella.com) team cannot be answered here - please instead submit any questions as "Kitchen Queries".

So easy to make and just delicious, made them for the in-laws and for once they were really impressed with my cooking. Thoroughly recommend any level of cook try making them, a great way to use up a courgette glut from the garden and so sweet and fun to eat I think they could fool children into enjoying their vegetables.

Posted by southsider on 16th Aug 2011 at 18.12

Made these for a party and they were great. Easy to make and very tasty. Got a batch in the freezer but i don't think they will be there for long. 10/10.

Posted by joanne100 on 6th Aug 2012 at 9.06

Made these today and they were lovely. However we ate them warm. Left a few to go to room temp to try them but definitely prefer them warm. I also used some left over marrow in ours as we have a ton of them at the moment!!!

Posted by Cheliland2010 on 14th Sep 2012 at 18.56

Yum! I've just made my second batch of these and they get the thumbs up - the mint really makes these. I also forwarded the recipe to fellow courgette growers and it's going down a storm with them too. I tweaked the recipe by adding some chilli and ginger as I find it impossible not to and it worked. I also prefer mine hot.

Posted by farside on 25th Sep 2012 at 18.05