

## Broccoli & Silverbeet Fritters

**Season:** Spring

**Type:** Main

**Serves:** 32 tastings

**From the garden:** Broccoli, silverbeet & spring onion

**Class focus:** Finely chopped vegetables & herb,  
flipping the fritters



Equipment:	Ingredients:
Large mixing bowl x 1 Wooden spoon x 1 Chopping boards and knives Measuring cups Measuring spoons Large frying pan x 2 Spatula x 2 Small soup ladle x 2 Serving plate x 5 Kitchen tong x 5	2 frozen broccolis (finely chopped) 3 silverbeet (finely chopped) 3 spring onions (white & green part, finely chopped) 3 cups self-raising flour 4 eggs 1 ½ cup milk 1 teaspoon salt 10 grinds of pepper Canola oil for frying

### What to do:

1. Wash all the vegetables and herb.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Combine all ingredients **except** oil in a large mixing bowl.
4. Heat some oil in 2 large frying pans over medium-high heat.
5. Using a small soup ladle, scoop the batter and gently pour it into the hot pan.
6. Cook until golden on both sides, about 2 minutes each side.
7. Serve into 5 serving plates with a kitchen tong in each.

### For vegan / dairy intolerance option:

- Use soy milk
- Add the eggs at the end so you can take a portion out without egg to cook for the vegan or dairy intolerance students.

### For gluten free option:

Use gluten free self-raising flour.