



VEGGIE FRITTERS WITH YOGHURT AND SWEET CHILLI SAUCE

INGREDIENTS FOR FRITTERS

- 2 eggs, beaten
- 1/2 cup self raising flour
- 1/4 cup milk
- Approx 2 cups of cooked veggies (any leftover veggies will do – chop them small)
- 1/4 red onion, finely diced (optional)
- 1/2 cup grated cheese
- Salt/pepper
- Any additional flavourings eg. Spices or chopped herbs. (optional)

INGREDIENTS FOR SAUCE

- 2 to 3 tablespoons of plain yoghurt mixed with 1 to 2 tablespoons of sweet chilli sauce (to taste)

INSTRUCTIONS

1. Whisk together the eggs, flour and milk ensuring there are no lumps
2. Fold through the remaining fritter ingredients
3. Put a frying pan on medium heat and add a tablespoon of oil
4. Add dollops of the fritter mix to the pan and cook until the fritter begins to set
5. Flip the fritters and cook for a further couple of minutes on the other side
6. Serve with sauce on the side

Recipe makes approx. 8 fritters which can be served hot or chilled in the fridge for another day.