



KOLOKYTHOKEFTEDES

Makes 10

Ingredients:

2 medium zucchini

200g plain flour

150g soft feta

1 lightly beaten egg

Olive oil

Juice of half a lemon

A handful of fresh mint, finely chopped

A handful of fresh parsley, finely chopped

Salt and pepper to taste

Preparation

- Wash the zucchini to remove any surface dirt and bumps, cut off the top and tail then grate into a colander, sprinkle lightly with salt and leave for a few moments
- Take your feta (if it's hard, soak in water for around 2 hours to let it soften up) and crumble it into a mixing bowl. Squeeze any excess water from the zucchini and add to the feta, fold gently along with the beaten egg, and finely chopped herbs. Season with salt and pepper
- Set aside a handful of flour for later, then, a little at a time, fold the flour into the mixture until it stiffens and can be easily rolled into balls
- Lightly dust your hands with flour and scoop the mixture up using your hands and roll into a ball, then press it gently into a fritter. Repeat this, creating balls as evenly sized as possible, place on a plate and leave to rest for a short while
- Take a large saucepan and pour in enough olive oil to coat the bottom of the pan. Heat on a low temperature (olive oil can burn quickly and you don't want that!). You can test to see if the oil is ready to fry by dropping in a little flour and seeing if it sizzles.
- Using the flour you set aside earlier, gently roll each zucchini fritter until lightly coated then place into the hot oil. Once the fritter has started to brown underneath use a spatula to turn it over and cook evenly on both sides
- As soon as the fritters are a nice golden brown remove from the pan and place on a paper towel or wire rack to cool for 5 minutes before serving with a squeeze of lemon juice

- Zucchini fritters are excellent with Greece's favourite dip: tzatziki and are a great accompaniment to other flavourful mezze dishes. Go for a nice, dry white wine served ice cold for a fantastic summer combination