

Courgette, Halloumi Fritters & Carrot Chips

Per Portion
380 Calories
19g Protein
36g Carbs
18g Fat

Ingredients



- 2 medium courgettes, coarsely grated
 - 225g block of halloumi cheese, coarsely grated
 - 150g (1 cup) of frozen sweetcorn, thawed
 - 2 eggs, lightly whisked
 - 150g (2/3 cup) of self-raising flour
 - 1 tsp dried oregano
 - Oil
 - Natural yoghurt, to serve
- For the carrot chips:**
- 4 carrots, cut into chips
 - 1 teaspoon paprika
 - ½ teaspoon chilli powder
 - 2 teaspoons oil

Method

1. Squeeze out excess liquid from the grated courgettes using your hands. Place them in a bowl.
2. Add the grated halloumi and thawed sweetcorn to the bowl. Stir to combine.
3. Make a well in the centre and add the lightly whisked eggs, self-raising flour, and oregano. Season with salt and pepper. Stir until well combined.
4. Line the air fryer rack with baking paper and brush it with oil.
5. Drop tablespoonfuls of the zucchini mixture onto the air fryer rack.
6. Set your air fryer to 200°C.
7. Cook for 8 minutes, turning half way through or until the fritters are crisp and golden.
8. Transfer to a plate. Repeat with the remaining mixture.
9. Arrange the warm fritters on a serving plate.
10. Serve the fritters with the carrot chips.

Let's make the carrot chips:

1. Place the carrot chips into a bowl.
2. Pour in the oil, chilli powder, and paprika. Stir to combine, ensuring that all the carrot chips are evenly coated.
3. Put the coated carrot chips into the air fryer basket.
4. Set your air fryer to 200°C.
5. Cook for 10 minutes, giving them a good shake at 5 minutes.
6. Turn the heat up to 240c and cook for 7 minutes more.
7. Cooking time may vary depending on the air fryer's power.
8. Continue cooking until the carrot chips are golden and cooked through. If using a less powerful air fryer, it may take a little longer.