

Poached Egg & Vegetable Fritters



Preparation time: 35 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Breakfast Recipes, Vegetarian

Vegetable Fritters with Poached Egg



Ingredients

1 large zucchini, trimmed, sliced

2 cups (about 300g) diced pumpkin

1 carrot, trimmed, sliced

1 cup mint leaves

3 green onions, thinly sliced

½ cup frozen peas, thawed

1½ cups panko breadcrumbs

½ cup self-raising flour

150g feta cheese, crumbled

5 eggs

1/3 cup olive oil

Method

1. Preheat oven to 180C. Line a baking tray with baking paper. Place zucchini in a food processor and process until finely chopped. Transfer to a clean kitchen cloth and squeeze, over a bowl or the sink, to remove excess liquid. (This prevents the fritters from being soggy). Place zucchini in a large bowl.
2. Add pumpkin, carrot and mint to food processor and process until finely chopped. Add to zucchini with onion, peas, breadcrumbs, flour and feta. Lightly whisk 1 egg in a small bowl and add to vegetable mixture. Season. Stir until combined. Form 1/3 cups of the vegie mixture into fritters and place on a tray.
3. Heat half the oil in a non-stick frying pan over medium heat. Cook fritters in batches, adding more oil if needed, for 3 minutes each side or until golden. Transfer to prepared tray and place in oven to cook for 10 minutes or until cooked through.
4. Meanwhile, bring a medium saucepan of water to the boil. Reduce heat to low, and when bubbles subside, use a spoon to stir the water until a whirlpool forms. Break an egg into a small bowl and gently slide into whirlpool. Cook for 3 minutes or until white is cooked. Use a slotted spoon to transfer egg to a plate. Repeat with remaining eggs.
5. Stack fritters on serving plates. Top each with a poached egg and serve with green salad and lemon wedges.

Notes

You can make smaller, snack-sized fritters if you like, just use 2 tablespoonsful of the mixture for each. Fritters will keep for up to 3 days in an airtight container in the fridge.

This recipe has been endorsed by leading not-for-profit, [Hearts4Heart](#).

4 hearts heart

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
402g	2900 693kcal	29.9g	37.3g	10.5g	54.8g	10.7g	1000mg	7.6g

All nutrition values are per serve.