

RECIPE

PEA FRITTERS

Ingredients

- ✔ 400g (3 cups) frozen peas
- ✔ 3 eggs
- ✔ 180g (1 ½ cups) self raising flour
- ✔ 1 spring onion - chopped
- ✔ 55g (½ cup) crumbled feta
- ✔ 2 tablespoons chopped parsley

Instructions

1. Boil the peas for 4 minutes and drain.
2. Add the flour, eggs, spring onion and half of the peas to a food processor and pulse until combined.
3. Fold through the remaining peas, feta cheese and parsley.
4. Fry tablespoons of the mixture in a little oil for approx 2 minutes on each side until golden.

Did you know that one serving of green peas contains as much Vitamin C as two large apples?

