

ZUCCHINI FRITTERS WITH QUICK PINEAPPLE CHUTNEY

When zucchinis are abundant in late summer I am always looking for dishes to make with them. Fritters are a perennial winner. They work for light lunches, easy dinners built up with salad and can be shoved between bread for easy veg burgers and take-to-work sandwiches. Think of this recipe as a template and add other herbs and, perhaps, grated carrot, frozen peas, chopped mint or parsley, even some finely chopped cauliflower or kale. If you don't have stale bread, use crackers or add a little extra flour. You can even use cooked, leftover rice.



You can serve the fritters plain but I love them with this pineapple chutney, invented when we ended up with half a pineapple that just didn't have that much flavour. As so often happens, a dish that starts as an improvisation ends up becoming a firm family favourite. Again, mix up the spices - coriander, fennel and cinnamon are all lovely!

Pineapple Chutney Makes: 500 grams (17.5 oz)
Zucchini Fritters Makes: 16 fritters, depending on size

Time: 40 minutes
Time: 30 minutes



INGREDIENTS

Quick pineapple chutney

- 20 grams (0.7 oz) ginger
- 1 garlic clove
- ½ onion, approx. 50 grams (1.8 oz)
- 400 grams (14 oz) pineapple, roughly chopped
- 1 red chilli, seeds removed
- 40 grams (1.5 oz) oil, such as rice bran oil
- 2 tsp curry powder (I use my [Vadouvan Curry Powder](#))
- 1 tsp salt
- 10 curry leaves, optional
- 60 grams (2 oz) sugar

Zucchini fritters

- 700 grams (25 oz) zucchini, roughly chopped
- 70 grams (2.5 oz) stale bread, torn
- 1 lemon, zest only, peeled in strips
- 1 clove garlic

- 120 grams (4 oz) firm feta, crumbled
- 60 grams (2 oz) cheddar, chopped
- 2 eggs
- 150 grams (5 oz) plain flour
- salt and pepper, to taste
- oil, to shallow fry



METHOD

Quick pineapple chutney

1. Place ginger, garlic, onion, pineapple and chilli in mixing bowl. Chop **8 sec/speed 4**.
2. Add oil, curry powder, salt and curry leaves. Stir **10 sec/speed 2**.
3. Add sugar. Cook **30 minutes/100°C (212°F)/speed 1**.
4. Transfer into a sterilised jar and allow to cool. Store in a cool, dark place. Refrigerate once opened.

Zucchini fritters

5. Place zucchini in mixing bowl and grate **5 sec/speed 5**, ensuring there are no big chunks remaining. If so, continue **1-2 sec/speed 5**. Scrape out of mixing bowl and place in Varoma dish. Sprinkle with 1 tsp fine salt and leave to drain for 30 minutes (see Tips). There's no need to clean mixing bowl.

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6. Place bread, lemon zest and garlic in mixing bowl and chop **6 sec/speed 8**.

7. Add feta and cheddar. Mix **5 sec/speed 5**.

8. Add eggs, drained zucchini, flour, and salt and pepper. Mix **10 sec/speed 4.5**.

9. Heat oil in a non-stick pan over medium-high heat. Spoon mixture into pan and cook for a few minutes on each side. Fritters can be made whatever size you like! When golden brown on both sides, remove from pan and briefly drain on paper towel.

10. Serve with chutney.

Tips

- If you can't wait for zucchini to drain, simply squeeze out extra moisture.
- The pineapple chutney is great with grilled meats, mushrooms, cold meats and ham and cheese toasties.

Variations

- Think of this recipe as a template and add other herbs and, perhaps, grated carrot, frozen peas, chopped mint or parsley, even some finely chopped cauliflower or kale.
- If you don't have stale bread, use crackers or add a little extra flour. You can even add a handful of cooked, leftover rice.

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SHOPPING LIST:

- Ginger (20 grams / 0.7 oz)
- Garlic clove (2)
- Onion (½ / approx. 50 grams / 1.8 oz)
- Pineapple (400 grams / 14 oz)
- Red chilli (1)
- Curry powder (2 tsp)
- Curry leaves, optional (10)
- Sugar (60 grams / 2 oz)
- Zucchini (700 grams / 25 oz)
- Stale bread (70 grams / 2.5 oz)
- Lemon (1)
- Firm feta (120 grams / 4 oz)
- Cheddar (60 grams / 2 oz)
- Eggs (2)
- Plain flour (150 grams / 5 oz)



NOTES:

- Salt and pepper
- Oil, such as rice bran (40 grams / 1.5 oz), plus extra for frying

→ - I use my [Vadouvan Curry Powder](#)