THE LIGHTER PLATE METHOD

Courgette Fritters with Poached Eggs & Avocado Salsa

Crisp savoury fritters topped with a wobbling poached egg and a chunky, limey avocado salsa.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
15 min	**15 min**	**30 min**	**2**	**MEDIUM**

Ingredients

- 2 courgettes (coarsely grated)
- 2 eggs (for the batter, plus 2 for poaching)
- 60 g plain flour
- 30 g feta (crumbled)
- 1 avocado (diced)
- 0.5 red onion (finely diced)
- 1 lime (juiced)
- 1 tbsp white wine vinegar

Method

1. Squeeze as much water as you can out of the grated courgette using a clean tea towel.
2. Mix the courgette with the flour, 2 beaten eggs and feta, and season well.
3. Heat a little oil in a frying pan and cook heaped spoonfuls of the mixture for 3 minutes each side, until golden. Keep warm.
4. Meanwhile, mix the avocado, red onion and lime juice for the salsa.
5. Poach the remaining eggs in barely simmering water with the vinegar for 3 minutes, then serve on top of the fritters with the salsa.

Tips & swaps

- Squeezing the courgette properly dry is the single most important step — skip it and the fritters won't crisp up.
- Swap feta for a dairy-free alternative to make this fully plant-based (omit the poached egg or use a fried tofu slice instead).

Storage & reheating

Fritters reheat in a dry pan for 2 minutes; best made fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
380	**18g**	**28g**	**22g**	**6g**

Estimated values, for guidance only. Contains: Egg, Gluten, Milk.