Courgette & Pea Fritters with Poached Eggs

Crisp green fritters under a wobbling poached egg and a squeeze of lemon.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
10 min	**15 min**	**25 min**	**2**	**MEDIUM**

Ingredients

- 1 large courgette (coarsely grated)
- 120 g frozen peas (defrosted)
- 2 eggs (for the batter, plus 2 for poaching)
- 60 g plain flour
- 3 spring onions (sliced)
- 1 small handful fresh mint (chopped)
- 2 tbsp olive oil
- 1 tbsp white wine vinegar

Method

1. Put the grated courgette in a clean tea towel and wring out as much water as you can — this matters more than anything else here.
2. Mix the courgette with the peas, spring onions, mint, flour, 2 beaten eggs and plenty of seasoning.
3. Heat the oil in a large frying pan over a medium heat. Add heaped spoonfuls of the mixture, flattening each slightly. Cook for 3 minutes each side, until golden and firm. Keep warm.
4. Poach the remaining 2 eggs in barely simmering water with the vinegar for 3 minutes.
5. Serve the fritters topped with the poached eggs and a squeeze of lemon if you like.

Tips & swaps

- Wet batter equals soggy fritters. Squeeze the courgette hard, then squeeze it again. You will be surprised how much water comes out.

Storage & reheating

Best eaten fresh; fritters reheat in a dry pan for 2 minutes.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
310	**16g**	**24g**	**17g**	**5g**

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