



CHEESY ZUCCHINI AND CARROT 'NUGGETS'



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Preparation 20 mins + 30 mins resting | Cooking 20 mins | Makes about 30

300g zucchini, coarsely grated
1 tsp fine salt
200g carrots, roughly chopped
150g tasty cheese, roughly chopped
1 free-range egg
1½ cup panko breadcrumbs, plus extra 1 cup for coating
½ clove garlic, finely grated
extra virgin olive oil cooking spray
tzatziki, for dipping

STEP 1 Toss zucchini and salt together in a fine sieve over a large bowl. Set aside for 30 minutes to draw out moisture. Use your hands, squeeze excess moisture from zucchini. Set aside.

STEP 2 Meanwhile, preheat oven to 200°C fan-forced. Line two oven trays with baking paper.

STEP 3 Combine carrot and cheese in a food processor and process until very finely chopped. Add drained zucchini, egg, 1½ cups breadcrumbs and garlic. Process again until well combined. Season to taste.

STEP 4 Place extra 1 cup panko breadcrumbs onto a plate. Using your hands, gently roll tablespoons of the mixture into small balls then coat in extra panko breadcrumbs and arrange on prepared trays. Spray with oil spray. Bake for 20-25 minutes or until golden. Set aside for 5 minutes to cool slightly. Serve with tzatziki for dipping.

Good for you... CARROTS

The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for normal vision. A good source of vitamin C, one of the vitamins needed for the normal functioning of the immune system. Provide dietary fibre, whether raw or cooked.



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