

# Crispy zucchini flowers with lemon & mint filling

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Preparation 25 | Cooking 10 mins | Makes 8

175g fresh ricotta  
2 tsp finely grated lemon zest  
½ cup mint leaves, finely chopped  
8 female zucchini flowers, stamens removed\*  
2 tbs self-raising flour  
Vegetable, grape seed or rice bran oil, for frying  
Sea salt, extra mint leaves and lemon wedges, to serve

## Batter:

1 cup cornflour  
½ cup self-raising flour  
1¾ cups iced water

\*Female zucchini flowers have a baby zucchini attached to the flower.  
Gently open the flower and pull out the centre stamen.

**STEP 1** To make the batter, combine cornflour, flour and iced water in a bowl. Mix with a knife until just combined (the mixture will be lumpy). Set aside for 10 minutes.

**STEP 2** Meanwhile, combine ricotta, lemon zest and mint in a bowl. Season with salt and pepper. Stir to combine. Spoon 1 tbs ricotta mixture into each zucchini flower and twist petals to enclose the filling.

**STEP 3** Place flour into a shallow bowl. Pour oil into a large frying pan until 5cm deep. Heat oil over medium-high heat until hot. Lightly dust the zucchini flowers in flour then dip into the batter to lightly coat. Cook zucchini flowers in 2 batches, turning occasionally, for 2-3 minutes or until golden. Drain on a rack lined with paper towel. Serve with sea salt, mint leaves and lemon wedges.