



Sheesy Courgette & Pea Fritters

Prep. time 10 minutes | Cooking 14 -20 minutes | Serves approx. 1-4 (depending on appetite and fritter size)

These more-ish vegan fritters are made using a combination of peas, courgettes, spring onions (scallions) and our very own Red Leicester style Sheese. They're great served with a green salad and a few spoonfuls of chutney, or perhaps a spicy pickle. Why not have them as a hearty cooked breakfast if you ever fancy something savoury for a change?

Ingredients

- 100g chickpea flour
- 350ml water
- 2 spring onions, chopped
- 1 small courgette, grated
- 75g cooked peas
- 50g Bute Island Red Leicester Sheese, grated
- Salt and black pepper
- Fresh chopped parsley
- Oil for frying

Serve with -

- Spinach
- Balsamic vinegar
- Tomato relish or chutney

Cooking Method

1. Mix together the chickpea flour and water and whisk very well so there's no lumps - or blend for guaranteed smoothness.
2. Add in the spring onions, grated courgette, peas, Sheese, seasoning and chopped parsley. Mix everything well together.
3. Use either one larger non-stick pan or a small individual one and add 2 tablespoons of the batter per pancake and cook for 3-4 minutes on each side.
4. Flip over and cook for the same amount of time. Place onto a plate (keep warm) and repeat until the mixture has been used up.
5. Serve with a side of spinach with balsamic glaze and add some tomato relish or chutney on top of the fritters. Enjoy!