Ricotta, Sweetcorn, Zucchini and Mint Fritter`s.

Equipment

- 2 chopping boards
- 1 chef’s knife
- 1 bowls
- 1 tablespoon
- 1 wooden spoon
- Heavy based fry pan
- Eggflip
- Whisk

What to do

1. To make the fritter`s, place the ricotta, mint, lemon zest, SRF, S/P, corn kernels, zucchini in a bowl and mix gently to combine.

2. Place the egg whites in a silver bowl and whisk to form peaks.

3. In 3 batches, gently fold in the egg whites into the ricotta mixture.

4. Heat a heavy based pan to medium heat and brush with olive oil. Cook dollops of mixture until golden on each side (approx.. 2-3 mins).

5. Serve with Broad bean, basil and parmesan dip

Ingredients

- 2 sweet corn, (kernels cut off the cob).
- 1 zucchini, grated
- 1 lemon, zest grated
- 3 cups (600g) fresh ricotta
- 1 c mint leaves, shredded
- 4 Tbsp SRF
- 4 eggwhites
- Olive oil
- S/P

From the Garden

- Lemon
- Mint