

PUMPKIN FRITTERS WITH A FRUITY CARROT SALAD AND TOMATO SALSA



INGREDIENTS

PUMPKIN FRITTERS

- 10g parsley, chopped
- 350g raw pumpkin, grated
- 150g raw carrot, grated
- 120g rolled oats
- 3 eggs
- 1 small red onion, chopped
- Salt and pepper

FRUITY CARROT SALAD

- ½ a pineapple
- 2 medium carrots (200g approx.)
- 2 oranges
- 1 spring onion
- 10g flat leaf parsley
- 50g golden raisins

TOMATO SALSA

- ½2 plum tomatoes
- 1 spring onion
- ½ red onion
- ½ cucumber
- Salt and pepper



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COOKING METHOD

PUMPKIN FRITTERS

- 01 Pre-heat the oven to 180°C Mix the parsley, red onion, pumpkin, carrot and rolled oats together
- 02 Add the eggs and ensure they are mixed in well
- 03 Season with salt and pepper
- 04 Shape the mixture into 10 patties, using a ring cutter to help create a round shape
- 05 Place the patties onto an oven tray lined with grease proof paper, then bake them for 20 minutes, or until the patties feel firm

FRUITY CARROT SALAD

- 01 Remove the skin and the core of the pineapples and cut into 1cm wedges
- 02 Remove the skin of the oranges and make segments
- 03 Place the pineapple wedges and orange segments into a bowl together, along with any excess orange juice
- 04 Pick the leaves of the flat leaf parsley and add these to the bowl
- 05 Cut the spring onion into ½ cm rounds, making sure that you use both the green and white parts of the spring onion. Add this to the bowl
- 06 Peel the skin off the carrots, and then use the peeler to shave them into thin strips
- 07 Place the carrots in cold water to make them curl
- 08 Drain the water off the carrots and mix them with the rest of the ingredients.

TOMATO SALSA

- 01 Deseed and remove the skins from the tomatoes, and finely dice
- 02 Deseed the cucumber and finely dice
- 03 Finely dice the red onion
- 04 Cut the spring onion into ½ cm rounds
- 05 Mix the tomatoes, cucumber, red onion and spring onion together, and season with salt and pepper

TO SERVE

Place the pumpkin fritter and fruit carrot salad on a plate, then garnish with the tomato salsa.

