

STACKER BENTO BOX



Serving: 5

Cooking Time: Not Specified

Prep Time: Not Specified

INGREDIENTS

- 2 Medium Potatoes, washed, skin on, grated (squeeze out excess starch & fluid to make it dry as possible)

- 1 Cup Baby Marrow, grated, (squeeze out excess liquid)
- 1 Small Onion, finely chopped
- 1 Cup Whole-wheat / rye flour
- 1 tsp. Baking Powder
- 1 tsp. Paprika
- 1 Egg
- 1 Cup Low Fat Milk
- 1 Tbs. Olive Oil

INSTRUCTIONS

1. In a large mixing bowl combine the potato, onion, baby marrow, flour, baking powder and paprika 2. Mix the egg and milk together in a jug and pour the mixture into the potato mixture 3. Season to taste. Heat oil in a large non-stick pan over medium heat 4. Drop in a heaped tablespoon of fritter mixture 5. Dry fry for 2-3 minutes on each side until golden. Serve with a dollop of smooth fat free cottage cheese and a little lemon zest. Enjoy. Recipe analysis per fritter: 522kJ 4.4 g Protein 2.9 g Fat 17.3 g Carbohydrate 2.8 g Fibre 200 mg Sodium