

Green fritters and avocado salsa

Makes 4 small fritters

This recipe can be done with any combo of green veg e.g. broccoli or kale with spring onions. Can also be made with sweetcorn/peas and chopped spinach

Ingredients

For the fritters

- 2 eggs
- A handful of fresh baby spinach leaves, roughly chopped
- 6 tbsp edamame beans, not in their pod (found in the frozen section in supermarkets)
- 2 tbsp coconut flour
- 1 tbsp chia seeds
- Zest of a lime
- Juice of half a lime a lime
- Salt and pepper
- 1 tsp dill
- ½ tsp baking powder
- Coconut oil for cooking (1/2 tsp per two pancakes)

Avocado salsa

- 1 avocado, diced
- 6 cherry tomatoes, chopped finely
- Juice of half a lime
- Salt and pepper
- 1 red chilli (optional), finely chopped
- Handful of fresh coriander (optional)



Method

Make the fritter mix:

1. Beat the eggs in a bowl and stir in the coconut flour, salt, pepper, dill, lime zest and juice. Add the chia seeds, spinach and edamame beans and stir well. Set aside.

Make the avocado salsa:

1. Finely chop the avocado, cherry tomatoes, and mix together in a bowl. Add the lime juice, and salt and pepper, stir well and set aside.

In a good non-stick frying pan, heat a little coconut oil until hot and add a heaped tbsp of the mixture on each half of the pan. Allow to cook through properly on the one side, before flipping to cook through on the other side. Serve straight away with the avocado salsa.

Keep the fritters warm in the oven until you have cooked the other two fritters, if eating them all at once.