

# zucchini & feta folded fritta<sup>™</sup>

 SERVES 1 person

 PREP TIME 10 mins

 COOK TIME 10 mins

## PER SERVE

Calories: 264 Cal (or 1105 kJ)

Fat: 14.5 g

Saturated fat: 5.1g

Protein: 22.8g

Carbohydrate: 7.2g

Sugars: 6.9g

Fibre: 6.8g

Cholesterol: 421mg

Sodium: 461mg

- 2 zucchinis grated (400g)
- 1 tablespoon chopped fresh mint
- 1 tablespoon chopped fresh dill
- 2 eggs lightly beaten (50g each with shell)
- 30g reduced fat feta
- sea salt and pepper to taste
- olive oil spray



*Feast your eyes on this fabulous folded fritter. It's quick, easy, oh so enticing and bound to become a fast day fave!*

Place the zucchini, mint, dill, eggs, feta and salt and pepper into a bowl and whisk to combine. Heat a small non-stick frying pan over a medium heat and spray with oil, add the fritter mix to the pan and cook for 3-5 minutes each side or until browned. Fold in half and cook until set and cooked through.

**NOTE:** Replacing the 2 eggs with 2 egg whites (from 2x50g eggs) reduces the Calorie count to 168 per serve.

Using just 1 egg reduces the Calorie count to 216.

251 TO 300 CALORIES

ZUCCHINI

EGG

PANCETTA

BREAKFAST

LUNCH/DINNER