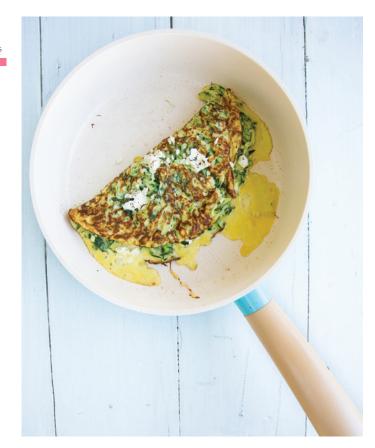


zucchini & feta folded fritta*"

serves 1 person PREP TIME 10 mins COOK TIME 10 mins 2 zucchinis grated (400g) **PER SERVE** Calories: 264 Cal (or 1105 kJ) 1 tablespoon chopped fresh mint Fat: 14.5 g 1 tablespoon chopped fresh dill Saturated fat: 5.1g Protein: 22.8g 2 eggs lightly beaten (50g each Carbohydrate: 7.2g with shell) Sugars: 6.9g 30g reduced fat feta Fibre: 6.8g sea salt and pepper to taste Cholesterol: 421mg Sodium: 461mg 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