



CRISPY FRITTERS

These crispy, crunchy fritters are a great way to introduce your kids to brussels sprouts.



EASY



20 MINS



10 MINS



8 FRITTERS

Ingredients

- 450g brussels sprouts
- 3 shallots, finely chopped
- 1 clove garlic, minced
- ¼ cup all-purpose flour
- ¼ cup Grated Parmesan
- 1 free range egg
- 2 tsp Sea Salt
- 1 tsp Black Peppercorns
- 2-4 tbsps olive oil for frying

Instructions

1. Remove the hardy stalk near the base of the brussels sprouts and the outermost leaves as needed. Thoroughly wash the sprouts.
2. Using a mandolin or a knife, chop the brussels sprouts horizontally as thin as possible.
3. Set sprouts aside in a medium bowl. Stir lightly with a fork to separate them.
4. Add shallots and garlic and toss to combine.
5. In a separate bowl, whisk together flour, parmesan, salt and pepper.
6. Add dry ingredients and the egg to the bowl with brussels sprouts mixture. Mix thoroughly. Allow resting for 10 minutes.
7. In a large fry pan, add oil and bring to medium-high heat. Start with 2 tablespoons of oil and add more if the pan begins to dry out.
8. Measure out the brussels sprouts mixture into 2 tablespoon portions and carefully add them to the pan. Use a spatula to flatten the fritters. Cook 2-3 minutes each side.
9. Set the fritters aside on a plate lined with paper towel. Allow to cool slightly – then enjoy!