



Mushroom and Zucchini Fritters with Smoked Salmon

Preparation: 30 minutes; cooking: 20 minutes; makes: 18

200g button mushrooms thinly sliced
2 medium zucchini, grated
2 tbs finely chopped fresh flat-leaf parsley
2 eggs, separated
salt & ground black pepper to taste
2/3 cup self-raising flour
200g carton thick natural yoghurt
extra-light olive oil, for frying
250g smoked salmon lime wedges to serve.

1. Place the mushrooms, zucchini, 1 tbs parsley, egg yolks & salt & pepper in a large bowl. Mix well to combine. Stir in the flour & 2 tbs yoghurt until well combined.
2. Using electric beaters, beat the egg whites in a medium bowl until soft peaks form. Using a large metal spoon, gently fold 1/3 of the beaten egg whites into the mushroom mixture until just combined. Gently fold the remaining egg whites into the mixture.
3. Pour the oil into a large frying pan, to a depth of 1cm, & heat over medium heat until hot.
4. Using 1 heaped tablespoonful of the mushroom mixture per fritter, spoon the mixture into the hot oil and slightly flatten each fritter. Cook the fritters, in batches, for 2-3 minutes on each side or until golden and cooked through. Remove & set aside to drain on paper towel. Cool slightly.
5. To make the topping, place the remaining parsley & remaining yoghurt into a small bowl. Mix well to combine.
6. To serve, place the fritters onto a serving plate & top with parsley yoghurt & smoked salmon.
7. Season with salt & pepper & serve with lime wedges.

Variation: Omit the parsley yoghurt & smoked salmon. Top the fritters with a small slice of baked ricotta & sliced cherry tomatoes. Season with salt and pepper & serve.

