



LENTIL FRITTERS

WITH SPINACH, ORANGE & DATE SALAD

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 35 minutes

These Moroccan-spiced kumara and lentil fritters are packed full of goodness. Serve with a simple spinach, orange and date salad. An easy and interesting vegetarian dinner.



FRITTERS

- 3 eggs
- 200ml coconut milk (6.8 fl.oz)
- 1 large orange kumara (300g / 10.6oz)
- 1/2 small red onion
- 400g can brown lentils, well drained (14oz)
- Zest of 1 orange
- 3/4 cup brown or white rice flour (90g)
- 1 Tbsp Moroccan seasoning
- 1 tsp baking powder
- 1/4 tsp salt
- 2 Tbsp rice bran oil, divided

SALAD

- 80g baby spinach (2.8oz)
- 1 1/2 oranges (flesh only)
- 1/2 small red onion
- 6 dates
- 80g feta cheese (2.8oz)

DRESSING

- Juice of 1/2 orange (2-3 Tbsp)
- 2 Tbsp olive oil
- 2 tsp honey
- 1 tsp wholegrain mustard

TO SERVE

- 1/2 cup unsweetened Greek yoghurt (125ml)

1. MAKE FRITTERS

In a large bowl, whisk together eggs and coconut milk. Grate kumara and finely dice onion. Stir kumara, onion, lentils and orange zest into egg mixture. Add rice flour, Moroccan seasoning, baking powder and salt. Stir until just combined.

2. Preheat oven to 100°C (210°F) fan bake. Heat 1 tablespoon oil in a large frying pan on medium to medium-high. Fry 1/4 cup measurements of the fritter mixture for 2 minutes each side, until golden brown and cooked through. Transfer to a rack set over an oven tray and keep warm in the oven while you cook remaining fritters. Add more oil to pan as required.

3. MAKE SALAD

While fritters cook, divide spinach between individual serving plates. Roughly dice the orange flesh, finely slice the onion and cut the dates into small pieces. Arrange on top of the spinach, then crumble feta over the top.

4. MAKE DRESSING

Place orange juice, oil, honey and mustard in a small jar. Shake well to combine and season to taste with salt and pepper. Drizzle over salad.

5. SERVE

Place fritters on plates with salad and add a generous dollop of yoghurt on top.



WINE MATCH: Try a Pinot Gris.

LENTIL FRITTERS RECIPE NOTES

GLUTEN-FREE OPTION: Make sure Moroccan seasoning and baking powder are gluten-free.

INGREDIENT SWAPS / NOTES: If you don't like dates, omit these from the salad. Raisins or sultanas are a good alternative. If you eat meat, fried bacon or chorizo make a yummy addition to this meal (serve on the side).

STORING AND REHEATING: Store fritters, salad and dressing separately. Fritters are best reheated in a frying pan with a little oil, to get those crispy edges. Dress salad and add dollop of yoghurt just before serving.