

# Greek Zucchini Fritters

**Crispy, delicate and creamy on the inside!! Making Greek Zucchini Fritters is a fabulous way of using this very unassuming veggie!!**



In Greek, we refer to these fritters as Kolokithokeftedes, which basically means vegetable patty. For Greek Australian kids (like myself many years ago), the mere mention of the word 'Kolokithokeftedes' would amuse us no end.

The reason being is that 'kolo' is very similar to another Greek word that means 'ass', and I don't mean the donkey type. Now my own daughters find it amusing. Some things never change!





OK, enough frivolity!

When writing up this recipe, I couldn't decide whether to categorise it as a meal or as a side. The fritters are substantial enough to stand alone as a meal with a [Greek Salad](#) or maybe some protein on the side.

Alternatively, put them on a bed of rocket and fetta cheese and serve them up as a starter. Whenever I've made them as appetisers (mezze), they're always the first thing to disappear.



Despite being called ‘fritters’ (which conjures up images of something oil-laden), it’s not the case with these fritters. They don’t require huge amounts of oil to create that golden crispy exterior. At the same time, the texture on the inside remains light and creamy.

Zucchini on their own can be a bit on the bland side, but I think you’ll be more than happy with how flavoursome these fritters are (even with just a handful of ingredients).

The optional ingredients below are what you *could* add. I actually don’t. I also prefer to have my feta on the side!!

Now I’ve made myself hungry!! ☐

***Danielle***

**Preparation Time: 15 mins**

**Cooking Time: 25 mins**

**Servings: 16**

# Ingredients

- 1 kg / 2 lbs zucchini
- 1/4 cup grated onion (note 1)
- 1/4 cup parsley, finely chopped
- 1/2 cup plain / all purpose flour
- 3 medium eggs, lightly beaten
- 1 – 2 tsp salt, 1 tsp white pepper
- 2 tbsp vegetable oil, plus extra

## Optional:

- 1 tbsp chopped dill
  - 1 tsp finely chopped mint
  - 100 g / 3.5 oz crumbled fetta (note 2)
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# Instructions

1. Wash and pat dry the zucchini. Grate using either a box grater or a food processor. This is one of the few occasions I use my food processor to save time.
2. Using your hands, squeeze out as much liquid from the grated zucchini as you can. Set aside in a medium bowl (note 3).
3. Grate the onion and place it in the same bowl as the zucchini.
4. Add the flour, salt, pepper, parsley and lightly beaten eggs. Mix until well combined. You may want to include some of the optional ingredients at this point. Have a taste to check that the seasoning is to your liking.
5. Add 2 tbsp of vegetable oil to a medium frypan. Scoop out **level** 1/4 cupfuls of mixture and place in the frypan over high heat. Flatten slightly to make circles 8 cm / 3 " in diameter. Shallow fry in batches of 3 – 4 fritters until golden brown on each side. You may need

to add a little more oil after a couple of batches of fritters have been fried.

6. Give the remaining mixture **in the bowl** a stir now and again. This is to ensure that the eggs remain incorporated into the rest of the mixture.
  7. Once the fritters are ready, you can serve them anyway you like: on a bed of rocket with fetta; with [Tzatziki \(Greek Yoghurt Dip\)](#) or with just parsley sprinkled over the top. They also look good on a mezze platter.
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## Notes

1. I use Spanish onion for this recipe, but a brown onion is fine too.
2. If you do use fetta, be mindful of how much salt you add to the mixture. Best to taste first (as my mother always says!).
3. As an extra measure, you can lightly salt the grated zucchini and let it stand for half an hour before you squeeze out the liquid. Again, be careful how much extra salt you add to the overall mixture.