



RICEPLUS

Rice just got better...

ZUCCHINI RICE & CORN FRITTERS

INGREDIENTS

1 1/2 cups RICEPLUS Ancient Grains,
cooked & drained
1 medium zucchini, grated
120g can corn niblets, drained
1 egg
1/2 tsp smoked paprika
2 tblsp rice flour
1/4 tsp salt & pepper
2 tblsp coriander leaves

200g ricotta cheese, smooth
Oil for pan frying

TO SERVE:

1 avocado, diced
1/4 cup labanne (yoghurt cheese)
roasted cherry tomatoes on vine
coriander leaves and lime

METHOD (STOVE TOP - PAN FRY)

1. In a large bowl combine the RICEPLUS with the zucchini, corn, egg, smoked paprika, rice flour, salt & pepper, coriander leaves and ricotta cheese mix well.
2. Heat a non-stick pan over a medium heat and brush or spray the surface with a little oil.
3. Spoon 2-3 tablespoons of mixture into the frying pan and cook for 2-3 minutes each side turning fritters carefully. Remove and keep warm. Repeat with remaining mixture.
4. To Serve: Combine avocado and Labanne gently.
5. Serve Fritters in a stack topped with avocado mixture. Garnish with coriander leaves and lime zest. Accompany with roasted tomatoes and a wedge of lime.

TIP Zucchini & corn maybe replaced with sweet potato and capsicum or pumpkin and carrot.

For more information visit: www.riceplus.com.au

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PREP TIME: 10 MINS
COOKING TIME: 20 MINS
SERVING SIZE: 4-6