



Swedish Style Carrot Fritters

Servings: 4 adults
Prep time: 10 minutes
Cooking time: 15 minutes

Ingredients

185g potato

185g carrot

1 large egg

1 1/2 tablespoon plain flour

50ml milk

Handful of thyme

1 tablespoon rapeseed oil

1 teaspoon caraway seeds (can use coriander or fennel instead)

Sprinkle of salt and pepper

Chopped fresh parsley or 1/2 teaspoon of dried parsley for garnish

How to make it

1. Grate the potato and carrot onto a plate.
2. Whisk the flour with the milk and egg to make a batter. Add the thyme, a pinch of salt and pepper and the caraway seeds. Tip the grated carrot and potato and stir to mix everything together to make the fritter batter.
3. Heat the oil in the frying pan and put four spoons of fritter batter into the pan, spaced well apart.
4. Fry over a medium heat until crispy, cooking both sides and pressing down slightly to ensure crispiness.

Protein Swap

Try adding mashed or crushed *chickpeas to the mixture before pan frying.

Safety First

- Be cautious when using a grater for the carrot and potato.
- Take care when pan-frying at a high temperature.

About the Recipe

- These fritters have a natural sweetness from the carrots and are a good finger food for young children.
- Carrots are a good source of beta carotene, which the body converts into Vitamin A: an essential vitamin linked to growth, good vision, as well as supporting the immune system.
- Note: the sugars in this recipe occur naturally in the ingredients being used.

Allergy Aware

- Gluten (flour) - opt for a gluten-free flour alternative.
- Milk - opt for a plant based alternative.
- Egg - this is an essential ingredient in this recipe for binding the mixture together. This recipe would not be suitable if you have an allergy to egg.

Cooking and Shopping Tips

- Most of the ingredients in this recipe will be found in your fridge or cupboards.
- Involve the family with the cooking: peeling, chopping or grating of the vegetables.

Nutritional Analysis

The recipe	Per 100g	Per serving
Fat	3.9g	5.1g
of which saturates	0.6g	0.8g
Carbohydrates	15g	20g
of which sugars	3.5g	4.5g
Fibre	2.7g	3.6g
Protein	3.5g	4.6g
Salt	0.08g	0.11g

Protein Swap*	Per 100g	Per serving
Fat	3.8g	6.1g
of which saturates	0.6g	0.9g
Carbohydrates	15g	25g
of which sugars	2.9g	4.7g
Fibre	3g	4.8g
Protein	4.2g	6.8g
Salt	0.07g	0.11g