



PLANT-BASED RECIPES

ZUCCHINI & CORN FRITTERS

with *Vegan*
Sour Cream



YOU WILL NEED

150 gr of zucchini, shredded

3 tbsp of flour

1 tbsp of olive oil

50 gr of sweet corn

A pinch of salt

A pinch of black pepper

1 tbsp of flaxseeds mixed

in 3 tbsp of water

Serve with:

Sour cream

Method

- Mix all the ingredients together and shape into fritters
- Cook them in hot oil for 2 minutes on each side
Serve with sour cream



serves



prep time



cook time





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