Broad bean, pea & mint fritters

Makes 10-12 small fritters

30min

Spring

Broad beans



INGREDIENTS:

- 1 cup cooked broad beans
- 1 cup green peas
- 2 eggs
- ½ cup wholemeal plain flour
- 2 spring onions, finely sliced
- ¼ cup fresh mint, chopped
- 1 teaspoon ground cumin (optional)
- Black pepper, to taste
- 1-2 tablespoons olive oil
- Lemon wedges, to serve

YOGHURT DIP:

- ¾ cup plain Greek yoghurt
- 1 tablespoon chopped mint
- Squeeze of lemon juice

FOOD FROM HOME

METHOD:

1. Prepare the beans and peas. If using frozen beans or peas, cook according to the packet directions and drain well. If using fresh broad beans from the garden, remove them from their pods and cook until tender. For larger broad beans, you can slip off the outer skin after cooking.
2. Mash. Put the broad beans and peas in a large bowl. Roughly mash them with a fork. Leave some whole for texture.
3. Mix. Add the eggs, flour spring onion, mint, cumin and a little black pepper. Stir until everything holds together.
4. Cook. Heat a little olive oil in a non-stick frying pan over medium heat. Spoon approximately 2 table spoons of mixture into the pan for each fritter and gently flatten.
5. Make them crispy. Cook for about 3-4 minutes on each side, until golden and cooked through.
6. Serve. Mix the yoghurt, mint and lemon together. Serve the warm fritters with the yoghurt dip and lemon wedges.

TIPS:

- Gluten-free: Swap the wholemeal flour for gluten-free plain flour or chickpea flour
- Dairy-free: Swap the yoghurt dip for hummus, tahini-lemon sauce or dairy free yoghurt.
- If no broad beans, use an extra cup of peas, or try cooked edamame or another soft bean.

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This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.