

# Fritters - Spinach and Fetta

Source – Coles via [taste.com.au](http://taste.com.au)

**Harvest** – spinach, egg

**Vocab Words** – buttermilk, batter

**Skills** – crack eggs, sift, make a well, dry ingredients, wet ingredients, whisk, fry



## Equipment:

- Metric measuring cups and spoons
- Metric measuring scales
- Chopping boards and grips
- Compost bowls
- Knives
- Medium bowl
- Whisk
- Large bowl
- Wooden spoon
- Frying pan and flip
- Serving Items – platters and tongs

## Ingredients:

- 250gm frozen chopped **spinach**, thawed
- 410ml **buttermilk** (you can substitute with cows milk)
- 1 **egg**
- 25gm **butter**, melted
- 2 cups **SR flour**
- ¼ teaspoon **bicarbonate of soda**
- 100gm **feta**, crumbled
- **Salt and pepper**, to taste

## What to do:

1. Wash all garden ingredients and prepare all ingredients based on instructions in the 'Ingredients' list.
2. Use your hands to squeeze excess moisture from the spinach.
3. Whisk the buttermilk, egg and butter in a bowl.
4. Sift the flour and bicarbonate of soda into another bowl (dry ingredients). Make a well in the centre and add the wet ingredients and whisk until just combined.
5. Stir in the spinach and feta. Season with salt and pepper.
6. Heat the oil in a frying pan and place spoonfuls of batter into the frying pan. Cook for 2 minutes until golden and then turn and cook for another 2 minutes until cooked through. Keep warm while frying the remaining mixture.
7. Serve.

## Notes: