



Low FODMAP Carrot Fritters

Serves: 4

Prep: 10 minutes

Cook: 15 minutes



Ingredients	Metric	Imperial
6 medium sized carrots, grated	774 g	27.3 oz
1/4 cup greens of spring onion	16 g	0.6 oz
1 tsp cumin seeds	3 g	0.1 oz
1 tsp coriander seeds	3 g	0.1 oz
1/2 cup coriander, chopped	31 g	1.1 oz
2 eggs, whisked (see hints for vegan options)	102 g	3.6 oz
1/2 cup flour, white*	70 g	2.5 oz
1/2 tsp sea salt		
2 tbs extra virgin olive oil	37 g	1.3 oz
Extra herbs for garnish (e.g. dill, parsley)		

Method

1. In a medium sized bowl, mix together the carrots, spring onion greens, spices, coriander, flour, whisked eggs and salt. Stir until combined.
2. Heat 1 tbs olive oil in a medium-large sized fry pan on medium heat. Use a dessert spoon to scoop out the mixture into balls and place into the pan. Push down with the back of the spoon to flatten the balls into patties. This will need to be done in batches. Fry until golden - approximately 2-3 minutes on each side.
3. Once fritters are cooked, place on a plate lined with paper towel to absorb the excess oil.
4. Repeat step 2 for the next batch of fritters. Place the first batch of fritters in the oven at a low temperature if you wish to keep them warm while the second batch is cooking.
5. Serve immediately once all fritters are cooked and garnish with desired herbs.

Hints

- *This serving size of wheat flour is safe across the 4 serves of fritters. If you are gluten-free, simply substitute the wheat flour for a gluten free flour
- Vegan: substitute the egg for a flax egg. To make the flax egg, whisk together 1 tbs flax seed meal to 2.5 tbs water. Sit for a few minutes until it thickens and add in step 1 where you would usually add the egg.
- These fritters can be stored in an airtight container in the fridge for up to one week or frozen for later use!

Nutrition Information (per serve)	
Energy	1048 Kj / 251 cal
Protein	6.60g
Carbohydrates	25.90g
Sugar	12.80g
Total Fat	11.90g
Saturated Fat	2.10g
Fibre	7.60g