CRISPY PARNSIP & CARROT FRITTERS

Moderate | 35 minutes | Lunch/Side | 12-16 Fritters

INGREDIENTS

250g parsnips
250g carrots
2 large eggs
¼ cup milk of choice
½ cup whole wheat flour
1 teaspoon celtic or sea salt
¾ tsp garlic powder
¼ tsp ground black pepper
3-6 tbs olive oil, plus more
plain Greek yogurt or sour cream
fresh herbs any, for serving

COOKING STEPS

Peel and trim ends of the parsnips and carrots. Shred the parsnips and carrots either on the box grater or using the grating blade of the food processor. You should have about 4 cups of shredded vegetables.

Add the grated carrots and parsnips to a large bowl. Add the eggs and milk and mix to combine.

Add the flour, salt, garlic powder, and pepper then mix until the vegetables are well coated in the batter. The mixture should be thick.

Heat 2 tablespoons of oil in a large skillet over medium heat. Swirl the pan around so the oil evenly coats the bottom of the pan.

Once the oil is hot, scoop heaping tablespoons of the veggie batter into the pan, flattening each scoop out into a thin pancake. I cook 4 to 5 fritters at a time, depending on the pan size.

Cook fritters until golden brown, adjusting the heat as needed for them to cook evenly and not brown too quickly, 2 to 3 minutes per side.

Once brown on both sides, transfer the cooked fritters to a cooling rack over a baking sheet (or a large plate but they won't stay as crispy). Sprinkle hot fritters with a pinch of salt. You can place the fritters in a 250°F oven to keep them warm.

Fritters are best served right away. Top with yogurt/sour cream (or serve on the side for dipping) then sprinkle with snipped fresh herbs, if using.