



Miele

Carrot and manchego fritters

By Miele

15 minutes

Preparation Time

20-25 minutes

Cooking Time

5-10 serves

Serves

INGREDIENTS

2 tbsp olive oil, plus extra for frying
1 onion, peeled, halved and thinly sliced
2 garlic cloves, finely grated
3 large carrots, coarsely grated
150 g manchego (sheep's milk cheese), coarsely grated
100 g plain flour
1 tsp oregano
1 tsp smoked paprika
1 lemon, zested
3 tbsp parsley, finely chopped
Salt and pepper, to taste

To serve

Lemon wedges
Mayonnaise or aioli
Eggs, fried or poached
Pickled carrots (optional)

METHOD

1. In a frying pan on medium heat, induction setting 6, heat 1 tablespoon of olive oil. Add the onion and garlic and cook until soft and translucent, approximately 7–8 minutes.
2. Place the cooked onion and garlic into a large bowl, add all remaining ingredients and season with salt and pepper.
3. Mix well and form patties 6 cm in diameter. Place on a tray in a single layer and refrigerate until you are ready to fry them.
4. Add a thin layer of olive oil to cover the base of a tepan-yaki plate or frying pan and heat on high heat, induction setting 7, until the oil is hot.
5. Place the fritters in the plate and cook in batches, being careful not to overcrowd the pan. Turn the fritters once, until both sides are golden brown, approximately 6-7 minutes. If the fritters are browning too quickly, reduce the heat to induction setting 6.
6. Rest the fritters on a serving plate lined with paper towel and lightly season. Serve immediately, or keep warm in a warming drawer for up to 1 hour.

To serve

1. Serve with a generous spoonful of your favourite mayonnaise or aioli and fried eggs.

Hints and tips

- This recipe can be used to make a canapé. Cook bite-sized fritters and top with guacamole, tomato and herbs, or prosciutto and sundried tomato.
- Serve with a side salad of mixed lettuce, tomato, cucumber and vinaigrette for lunch or dinner.