

# Saturdays

*with the*

# Chef

## Zucchini Fritters with Fattoush Salad, serves 4

### Fritters

- 3 medium zucchini, approx 1.5 lb
- 1 1/2 tsp kosher salt, divided
- 1 lrg egg
- 1/4 cup all purpose flour
- 3 tbsp chopped chives
- 1/2 cup feta
- 2 tbsp cornstarch
- 1/2 tsp black pepper
- 1/3 cup veggie oil

1. Grate the zucchini with a box grater. Sprinkle 1 tsp salt, let sit for 45 minutes to draw out the moisture.
2. Squeeze excess moisture from zucchini.
3. Mix all ingredients except oil to build a batter.

### Stovetop:

4. Heat veggie oil in a heavy-bottomed skillet over medium-high heat.
5. Drop 1 oz spoonfuls (heaping tablespoon) into the oil. Flip when golden brown on the bottom, approx 4 minutes.
6. Cook 2-3 more minutes on the second side, remove from pan with golden brown.
7. Drain oil from fritters on a lined cooling rack. Hold warm in 200F oven for up to 1 hr.

### Oven fry:

4. Preheat oven to 375F.
5. Line a baking sheet with parchment paper. Brush with veggie oil.
6. Drop 1 oz spoonfuls onto the parchment.
7. Bake 10-13 minutes till they begin to turn golden brown.
8. Flip, bake another 4-5 minutes to finish.
9. Drain oil from fritters on a lined cooling rack. Hold warm in 200F oven for up to 1 hr.

### Fattoush

- 4 cups romaine, torn
- 1 cup mixed herbs, rough torn (dill, cilantro, lemon balm, parsley, mint)
- 1 cup diced cucumber, seeded, 1" chunk
- 1 cup cherry tomatoes, halved
- 1/2 cup red onion
- 1/2 cup sprouted quinoa
- 1/2 cup crumbled feta
- sprinkle zatar seasoning
- 6 Tbsp extra virgin olive oil
- 3 Tbsp fresh lemon juice
- 2 lemons, zested
- 1 Tbsp honey
- salt & pepper

1. Rinse and soak quinoa overnight in a cool dark spot to sprout. Drain and rinse the next morning.
2. Prepare all vegetables and herbs; toss together with sprouted quinoa.
3. Mix lemon, zest and honey in a separate bowl; slowly drizzle olive oil and whisk in to blend.
4. Season dressing with salt & pepper to taste.
5. Pour dressing over salad and toss to coat.
6. Top with crumbled feta and zatar seasoning.

Serve hot zucchini fritters over fattoush with a side of your favorite dipper.

