

Kale

Kale is a nutritious food rich in antioxidants, vitamin C, vitamin K, and beta-carotene. Kale is a popular vegetable and a member of the cabbage family. There are many different types of kale. The leaves can be green or purple, and have either a smooth or curly shape. Loaded with important micronutrients and antioxidants, kale is one of the most nutritious leafy greens available.

Carrot, Kale, Coriander & Feta Fritters

Recipe courtesy of Caroline Trickey, Accredited Practising Dietitian (APD)

Recipe taken from Dietitians Australia website <https://dietitiansaustralia.org.au/recipes>

Accredited Practising Dietitians are nutrition professionals with the qualifications and skills to provide expert personalised nutrition and dietary advice.



Prep Time:
10 Mins



Cooking
Time:
12 Mins



Serves 10



Ingredients

1 cup grated carrot (1 medium carrot)
1 cup finely chopped kale (2 leaves kale, deveined)
¼ cup fresh coriander, finely chop
¼ cup crumbled feta (35g)
½ cup besan flour (chickpea flour)
1 tbsp toasted sesame seeds, optional
1 egg, beaten
½ cup water
pinch of salt
freshly ground black pepper
extra virgin olive oil

Method:

1. Add into a bowl the carrot, kale, coriander, feta, besan flour, sesame seeds, egg, water, salt and pepper and mix to combine.
2. Heat a frying pan over medium heat.
3. When hot, add about a tablespoon of olive oil then spoon dollops of the fritter mix into the frying pan, being careful not to crowd the pan.
4. Cook for 2-3 minutes each side, until cooked through and golden brown.
5. When cooked, place on paper towel to absorb any excess oil.

6. Repeat with oil and remaining mix.
7. Serve warm fritters with your choice of chutney, green tahini or chilli sauce and salad.

Nutrition

Energy	233kJ (56 calories)
Protein	3g
Saturated Fat	1g
Total Fat	3g
Carbohydrates	3g
Sugars	1g
Dietary Fibre	62g
Sodium	-

Nutritional information is provided per serve