

VEGGIE OMELETTE FRITTERS

MAKES 4 SERVES

SOURCE: Emma Kwok +
Sports Dietitians Australia

 30 MINUTES



NUTRIENT	PER SERVE
Energy	1262kJ
Protein	15g
Fat	18g
Carbohydrate	23g
Sugars	6g
Fibre	5g

Ingredients

- 1 zucchini
- 1 carrot (peeled)
- 1 cup corn (canned or fresh)
- ½ cup grated cheddar cheese
- 4 eggs
- ½ cup milk
- ½ cup wholemeal self-raising flour
- 1 tbsp olive oil

Method

1. Use a cutting board and coarse cheese grater to grate zucchini and carrot, squeezing out any excess water.
2. Transfer grated vegetables to a mixing bowl and add corn, grated cheese and season with ½ teaspoon of salt, mixing until well combined.
3. Whisk eggs and milk in a separate bowl and pour over the vegetable mixture, sprinkle with ½ c of flour.
4. Give the vegetable mixture a good toss to combine all of the ingredients together to form a thick batter. (Tip: you may need to add a bit more flour)
5. Over medium heat, pour a thin layer of olive oil into the pan. Pour ¼ cup of mixture into the pan, a few at a time and cook for 3 minutes on each side or until golden brown. Repeat with remaining batter.
7. Serve hot with vegetables or salad and/or refrigerate/freeze for future eats!



HOT TIP

This is a relatively quick and easy recipe that is great option to help support recovery needs after exercise. Make a large batch, freeze or store in your fridge for a few days for a quick on the go snack!



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