

Spicy Courgette and Pea Fritter

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-courgette-chutney-recipe-uk>

Ingredients:

- 2 courgettes medium, grated
- 1 onion small, finely chopped
- 6 tablespoons frozen peas defrosted
- 2 cloves garlic finely chopped
- salt to taste
- 1 green chilli chopped
- 1 handful coriander chopped
- 1 teaspoon chilli powder
- 1 teaspoon Garam Masala
- 1 teaspoon cumin seeds
- 3/4 cup plain flour or gram flour
- 1 teaspoon baking powder
- oil for cooking

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 29 grams
3. Fat: 6 grams
4. Fiber: 4 grams
5. Protein: 5 grams
6. Sodium: 360 milligrams
7. Sugar: 5 grams

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