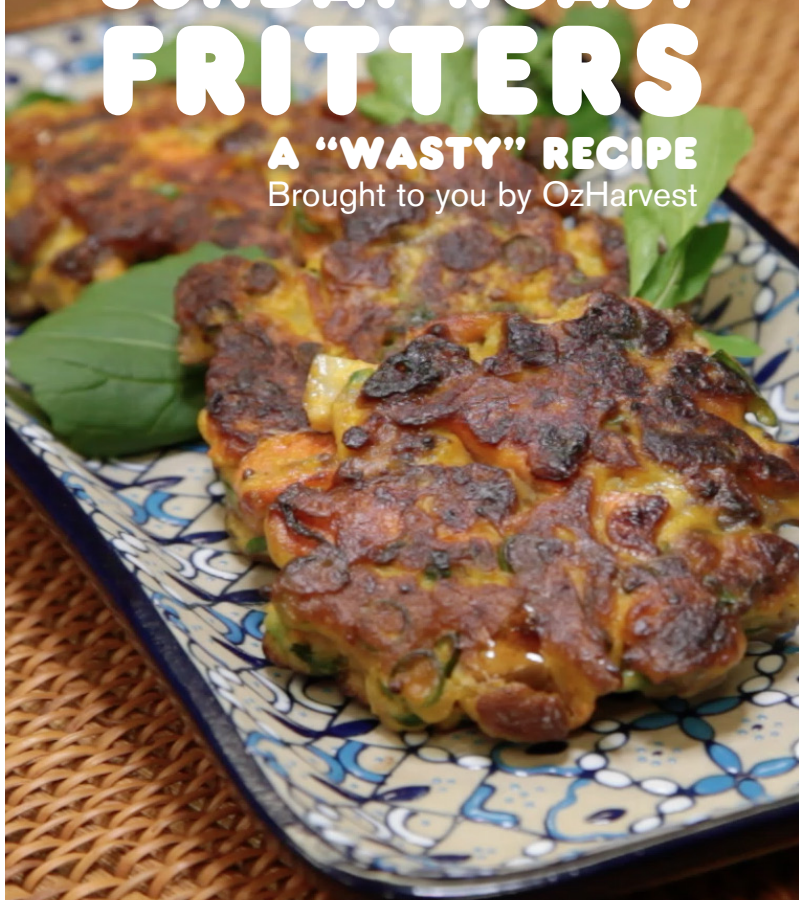


SUNDAY ROAST FRITTERS

A "WASTY" RECIPE

Brought to you by OzHarvest



SUNDAY ROAST FRITTERS



Prep time



Cook time



Serves

NEED

1.5 cups chopped
leftover roast beef

2 cups chopped
leftover roast veg

2 spring onions,
chopped

2 eggs

self-raising flour,
to bind

salt

olive oil to fry

THE SAUCE

150ml mayonnaise

1 tbsp Dijon mustard

1 bunch of dill,
chopped

1/2 tsp paprika

3 tbsp chopped
cornichons + 1 tbsp
of cornichon vinegar

HOW

1. Combine the beef, veggies, spring onions and eggs in a bowl, add some salt and mix well. Add enough self-raising flour to bind into a batter and let sit for 10 minutes.
2. Meanwhile, make the sauce by mixing the mayo, mustard, dill, paprika and cornichons together. Set aside in a dipping bowl.
3. Heat a pan to a medium heat and add enough olive oil to cover the base. Spoon in small amounts of the batter to form fritters and cook until golden brown. Turn over and cook through. Serve immediately with dipping sauce on the side.

TOP FOOD SAVING TIP:

Keep a large zip lock bag in the freezer for veggie scraps or bones from a Sunday roast. When the bag is full, simmer with water for a flavourful stock.



Recipe by Travis Harvey,
OzHarvest Chef for a Cause