

HEALTHY COOKING

ZUCCHINI STACKS



SERVES 1

INGREDIENTS

Fritter:

- ▶ 1 medium zucchini (1 cup or 120g), grated
- ▶ 1 egg
- ▶ 1 scoop FibreMax
- ▶ Lite seasoner and pepper to taste
- ▶ 1 tsp olive oil or butter

Stack topping:

- ▶ 50g shaved ham
- ▶ 45g feta cheese, crumbled
- ▶ 1 cup rocket or other salad greens
- ▶ 1 tomato, chopped
- ▶ Fresh basil leaves, torn
- ▶ 10ml basic salad dressing (find this recipe on our website)

Mix all ingredients together. Add $\frac{1}{2}$ oil/butter to heated pan, add half of the zucchini batter. The fritter is ready to flip once it can be moved without separating, flip and cook through until golden brown. Repeat for the second fritter. Place both fritters on a large plate, top with ham, feta, tomato, basil and dressing.

Each serving:

Protein: 21g | Carbohydrate: 6.5g