

Zucchini patties



For 4 pieces:

200 g zucchini, roughly grated
3 tablespoons chickpea flour
1 tablespoon nutritional yeast (optional)
1 green onion, finely chopped
4-5 tablespoons parsley, finely chopped
2-3 tablespoons water
salt and pepper, to taste

oil for frying

Mix all ingredients.



Let it rest for about 10-15 minutes for the chickpea flour to absorb the moisture.

Heat a few tablespoons of oil in a pan and add approx. 2

tablespoons of the zucchini mix. After 1-2 minutes press it with a spatula until a thickness of about 1 cm.

Fry for 4-5 minutes on each side, at medium heat (or bake it in the oven, at medium heat- 200 C- until golden brown).

