



EASY, TASTY
RECIPES

CHEESE & VEGGIE COUSCOUS FRITTERS

These yummy fritters are super tasty and incredibly easy to make. Filling, nutritious munch that your family won't be able to resist.



INGREDIENTS

350g couscous
250g mixed frozen veggies
100g cheese
1 egg yolk
1 lemon, plus lemon wedges to serve

INSTRUCTIONS

1. Prepare the couscous as per instructions on the pack
2. Grate and squeeze the lemon. You will need 1 teaspoon of rind and 1 ½ tablespoons of juice.
3. In a bowl, add and mix the veggies, egg yolk, lemon rind and juice, couscous and cheese together. Divide the mixture into 8 portions. Dampen your hands, and form eight patties, roughly 6.5cm wide.
4. Grease a large, non-stick frying pan and place it on the stove at medium heat. Cook the patties for 1 to 2 minutes a side, or until warm and golden.
5. Serve with lemon wedges.

WASTE NOT, WANT NOT

Use the egg white to make a yummy meringue for dessert.

Method:

1. Lightly beat the egg white.
2. Slowly adding 60g caster sugar 1 teaspoon at a time, beating till the egg white is stiff and the bowl can be turned upside down without the mixture falling out.
3. Line a baking tray with greaseproof paper and place two dollops of the mixture onto it.
4. Bake in an oven heated to 140°C/fan120°C/gas 1 for 1 hour 15 min. Remove from oven and place on wire rack to cool.



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