

**BLENDERS**

# COURGETTE FRITTERS WITH WHIPPED CREAM CHEESE & RED ONION RELISH

Crisp courgette fritters with whipped cream cheese and Blenders Red Onion Relish — a versatile, easy-prep option for starters, sides or sharing.



PREP TIME  
20 MIN



COOK TIME  
15 MIN



SERVINGS  
4

## Ingredients

- 2 medium courgettes (yellow and green), grated or thinly sliced
- 1 small white onion, grated or finely chopped
- 2 eggs
- 2–3 tbs plain flour
- Salt and pepper, to taste
- Optional: parsley, dill or mint; pinch of chilli flakes
- 400g cream cheese
- 80g Blenders Red Onion Relish

## Allergens

- Gluten, Eggs, Milk, Celery, Mustard

## Method

### Step 1:

Prepare the courgette.

Grate or slice the courgettes and sprinkle lightly with salt. Leave to sit in a colander for 10 minutes, then squeeze out as much liquid as possible using a clean tea towel or kitchen paper.

### Step 2:

Make the fritter mix.

Combine the drained courgette with grated onion, eggs, flour, salt, pepper and any optional herbs or spices.

### Step 3:

Cook the fritters.

Heat a little oil in a non-stick frying pan over medium heat. Spoon dollops of the mixture into the pan and flatten slightly. Fry for 2–3 minutes per side until golden and crisp. Drain on paper towels.

### Step 4:

Whip the cream cheese.

Place the cream cheese in a bowl and beat with a spoon or whisk until smooth and slightly fluffy. Season with salt and pepper.

### Step 5:

Serve.

Arrange warm fritters on a plate. Top each with whipped cream cheese and a spoon of Blenders Red Onion Relish. Garnish with fresh herbs if desired.