



## Zucchini, Za'atar and Mint Fritters with Homemade Salted Lemon Labneh

Serves: 4

### TASTE OF CATER CARE FACT

Fritters are true comfort food made in many countries around the world. This recipe is inspired by the fritters found throughout the near and Middle East and flavoured with Za'atar, a spice mix extensively used in Levantine cuisine. As with many spice mixes, there are many variations, but generally, za'atar includes dried thyme, dried oregano, dried marjoram, sumac, toasted sesame seeds and sea salt. The fritters are served with labneh, a soft creamy cheese made from yoghurt, a staple of Levantine cuisine with references to it dating back thousands of years to ancient Bedouins, who would carry dried blocks of labneh during their nomadic travels.

### INGREDIENTS

- 455gm Greek Yoghurt
- 1/2 tsp Fresh Lemon Juice
- 1/2 tsp Sea Salt
- As Required - Food Grade Cheesecloth
- 525gm Zucchini - top, tail, coarsely grate and squeeze out any excess moisture.
- 700gm Potatoes - wash, peel, coarsely grate and squeeze out any excess moisture.
- 2 Eggs - crack and beat.
- 25gm Plain Flour
- 4 tsp Za'atar Spice Mix
- 25 leaves Mint (large) - rinse, drain and finely chop.
- 15 leaves Flat-leaf Parsley - rinse, drain and finely chop.
- 2 Lemons - finely zest.
- To Taste - Sea Salt and Finely Ground Black Pepper
- As Required - Extra Virgin Olive Oil
- 1 Lemon - finely zest.
- As Required - Freshly Cracked Black Pepper
- As Required - Flat-leaf Parsley Leaves - rinse, drain and roughly tear.

### METHOD

1. In a mixing bowl, add the Greek yoghurt, lemon juice and sea salt. Mix to combine.
2. Line a fine sieve with cheesecloth (making sure that there is enough cheesecloth overhanging to fold over the yoghurt) and place over a suitably sized deep bowl. Place the yoghurt mixture into the cheesecloth, fold the cheesecloth over the mixture, cover with cling wrap and refrigerate for 12 hours.
3. Remove the yoghurt mixture (labneh) from the cheesecloth and place it into a sealed container. Refrigerate until required.
4. Pre-heat an oven to a moderate temperature – 160°C.
5. In a mixing bowl, add the zucchini, potatoes, eggs, flour, za'atar, mint, the first quantity of parsley and fine zest of 2 lemons. Mix to combine. Season to taste.



6. Divide the mixture into 12 equal portions, squeezing out any excess moisture.
7. Over a moderate/low heat in a sauté pan, add and heat oil to a depth of 1/4cm. Carefully add the fritter mixture in batches, shaping it into 7cm diameter and 1cm high fritters. Cook for 2 minutes on each side or until they are a light golden brown in colour and crisp. Remove from the heat and place onto a baking tray/s. Place the tray/s into the oven and bake for 10 minutes or until the fritters are cooked through. Remove from the oven.

## TO SERVE

In the centre of each serving plate, stack three fritters topped with a generous dollop of labneh, then lightly sprinkle with the second quantities of lemon zest and flat-leaf parsley before serving.