



# GOODNESS FLOUR

Diversity. Flavour. Health.

Choose your own adventure



## Moroccan Carrot & Chickpea

- Add extra ground cumin, turmeric & salt, along with some harissa to the grated veg.
- Drain and add a tin of chickpeas.
- Mix into the Fritter Mix batter.



## Roasted Tomato & Haloumi Cheese

- Roast small pieces of fresh tomato with oregano, salt, black pepper & olive oil.
- Once the tomatoes have cooled, add grated haloumi & crumbled fetta to the Fritter Mix batter.



## Zucchini Fritters

Goodness Flour Fritter Mix  
One mix, so many options...

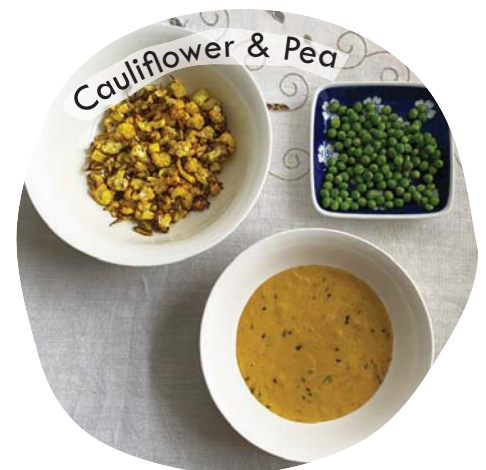
### Zucchini Fritters

- Start half an hour or so before you want to serve.
- Tip the Fritter Mix into a large bowl. Add milk and water. Mix together and set aside.
- Place a clean tea towel in a colander or sieve and set aside.
- Grate the zucchini. Mix in 2 teaspoons of salt and tip into the tea towel. Leave it to drain for at least 20 minutes.
- Gather the ends of the tea towel and squeeze the zucchini to remove some of the water.
- Mix into Fritter batter.



## Pumpkin Satay

- Dice pumpkin finely.
- Add satay seasoning, salt, chilli (optional) and oil - mix together well.
- Roast the pumpkin in a hot oven until well cooked.
- While they're warm, mix peanut / almond butter into the roasted pumpkin and set aside to cool.
- Add the cooled pumpkin and nut butter to the Fritter Mix batter.



## Indian Cauliflower & Pea

- Divide cauliflower into small florets.
- Add whole cumin, turmeric, chilli and olive oil - mix together well.
- Roast the cauliflower in a hot oven until well cooked.
- Add the cooled cauliflower and fresh / frozen peas to the Fritter Mix batter.