



# Recipe of the Week

## PUMPKIN & COCONUT FRITTERS WITH APPLE & KALE SALAD

### Ingredients

2 kale leaves finely shredded  
1 apple cored and cut into matchsticks  
¼ small red onion, finely chopped  
1 ¼ cups coriander leaves  
¼ cup Greek style yoghurt  
1 teasp smoked paprika  
2 eggs  
¼ coconut cream  
200g pumpkin, peeled, deseeded and grated  
2 spring onions, thinly sliced  
1 small carrot peeled and grated  
¼ cup dessicated coconut  
50g flour  
2 teasp coriander seeds, toasted and ground  
½ teasp cumin seeds, toasted and ground  
¼ teasp chilli flakes  
Sea salt  
2 tabs olive oil  
Juice of 1 lime, plus wedges to serve  
1 teasp extra virgin olive oil  
Freshly ground black pepper  
50g cashew nuts, toasted and chopped

### Method

1. Combine the kale, apple, onion and ¼ cup coriander in a bowl. Set aside.
2. In a separate bowl, mix together the yoghurt and ½ teasp paprika.
3. Whisk the eggs and coconut cream together in a bowl.
4. Coarsely chop the remaining coriander leaves; stir into the egg mixture, along with the carrot, pumpkin, spring onions and coconut.

5. Sift the flour over the top; sprinkle with the ground coriander, cumin, chilli flakes and remaining paprika. Season with sea salt, then mix gently to combine.
6. Heat olive oil in a large frying pan over a medium heat, then add heaped tablespoonfuls of the pumpkin mix and fry 2-3 mins each side or until golden. Keep warm in a low oven while you repeat with remaining mixture.
7. Whisk the lime juice and extra virgin olive oil together and season. Use to dress the apple mixture. Sprinkle with cashew nuts.
8. Serve fritters with the salad, paprika yoghurt and lime wedges.