



Recipe of the Week

TOKYO GARDEN FRITTERS

Ingredients

2 cups podded broad beans
2 cups peas
1 cup white miso paste
2 spring onions finely chopped
1 large egg, lightly whisked
½ cup coriander finely chopped
¼ cup self-raising flour
1 tab mirin
1 teasp salt
½ teasp baking powder
Ground black pepper
1 ½ - 2 cups panko crumbs
Oil for shallow frying
Sweet chilli sauce

Ingredients for yoghurt sauce

2/3 cup plain unsweetened yoghurt
2 teasp lemon juice
1 teasp lemon zest

Method

1. Place the unpeeled broad beans, peas and miso paste in a food processor. Pulse to roughly mash but not puree.
2. Transfer to a large bowl and combine with the remaining ingredients except for the panko crumbs, oil, and sauces.
3. Cover and refrigerate for at least 30 minutes to firm up before cooking.
4. Spread the panko crumbs onto a plate.

5. Take spoonfuls of the mix (it will still be quite soft) and roll in the panko crumbs, turning with the spoon to coat all sides. Repeat with the rest of the mix.
6. Heat enough oil to just cover the bottom of a large, heavy-based frying pan (or an electric frying pan works well as they heat so evenly).
7. Cook the fritters in batches, adding a little more oil to the pan as needed.
8. Meanwhile combine the ingredients for the yoghurt sauce. Serve the fritter topped with yoghurt sauce and a drizzle of sweet chilli sauce.

Recipe courtesy NZ Gardener 2017 Garden Diary