

Pumpkin, Ricotta and Quinoa Fritters

<p>Equipment:</p> <p>Chopping board Sharp large knife Microwave safe bowl Sieve Medium sized bowl Measuring cups and spoons Frypan Wooden spoon Egg lifter</p>	<p>Ingredients:</p> <p>600g peeled and chopped butternut pumpkin 150 g fresh ricotta, crumbled. (use scheese for a vegan alternative) 1 and 1/2 cups of quinoa flakes 2/3 cup grated parmesan – (omit this for vegan fritters) ¼ cup finely chopped fresh chives 4 eggs, lightly whisked (or egg replacement for vegan alternative) 1 lemons rind finely grated. 5 tbsp. extra-virgin olive oil 2 cup fresh basil leaves 3 garlic cloves, crushed 700 g tomato passata 1 tsp castor sugar Baby spinach leaves to serve Small basil leaves to serve Finely grated parmesan, extra to serve. (omit for vegan fritters)</p>
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What to do:

1. Place pumpkin in a microwave safe bowl.
2. Microwave on high, covered, for 4-5 minutes or until tender. Transfer to a sieve. Set aside to drain for 5 minutes. Transfer pumpkin to a bowl and mash.
3. Add ricotta (or scheese), quinoa, parmesan (if using), chives, egg (or egg replacement) and lemon rind to the pumpkin mash. Season. Set aside and keep warm.
4. Heat 2 tsp of the oil in a frying pan over medium high heat. Add basil and garlic. Cook, stirring for 30 secs. Stir in passata and sugar. Simmer for 5 minutes. Season. Set aside and keep warm.
5. Heat 1 tbs of the oil in a large non-stick frypan over medium heat. Spoon four quarter cupsful of pumpkin mixture into a pan, spreading to 1cm thick. Cook for 2 minutes or until golden. Use an egg lifter to turn. Cook for a further 2 minutes or until cooked through. Transfer to a plate. Repeat with remaining oil and pumpkin to make 30 fritters. Serve with the tomato sauce and sprinkle with the spinach, basil leaves and extra parmesan (omit for vegan fritters).