

### SEASONAL PEA, MINT & SHARPHAM RUSTIC CHEESE FRITTERS (V/GF)



Tasty, seasonal, quick & easy to prepare. Makes 6-8 medium frittlers. Serves 2-3 as an appetiser or serve with a fresh salad & local smoked trout fillets to make a main meal for 4. Try as canapés too!

#### Ingredients - All available at Johns!

##### **For the yogurt sauce:**

120 ml Yeo Valley Greek or Stapleton plain yogurt  
1 tbs freshly squeezed lemon juice  
1 tbs fresh mint, finely chopped  
Pinch of sea salt  
Freshly ground black pepper  
Extra virgin olive oil for drizzling

##### **For the Pea Frittlers:**

260 g fresh or thawed frozen green peas  
2 large Black Dog eggs  
2 spring onions thinly sliced  
2 tbs fresh mint leaves, coarsely chopped  
Zest from half a lemon, finely grated  
60g Sharpham Rustic chive & garlic cheese  
30g plain flour sifted (use GF flour if req)  
½ tsp sea salt  
¼ tsp freshly ground pepper  
Sunflower oil for frying

#### Cooking instructions

- Mix all the ingredients for the yogurt sauce in a small bowl until smooth. Season to taste with salt & freshly ground black pepper & drizzle with olive oil.
- Cook peas in a pan of boiling salted water or microwave for 3-4 mins. Drain & mash coarsely using a fork or pulse briefly in a food processor.
- In a bowl whisk together the egg, spring onions, mint, lemon rind, cheese, flour, salt & pepper. Add in the pea mixture & mix. Set aside for 5 minutes to allow the flavours to blend.
- Heat a thin layer of oil in a frying pan over a medium heat & place large heaped tablespoons of the pea mixture in the pan, pressing the mixture down into discs. Cook in batches of 3-4 flipping when golden on one side (about 2 minutes). Drain frittlers on parchment paper if needed.
- Serve immediately with the yogurt sauce on the side, lemon wedges and a salad/trout if desired.