



Lamb Rib CHOPS

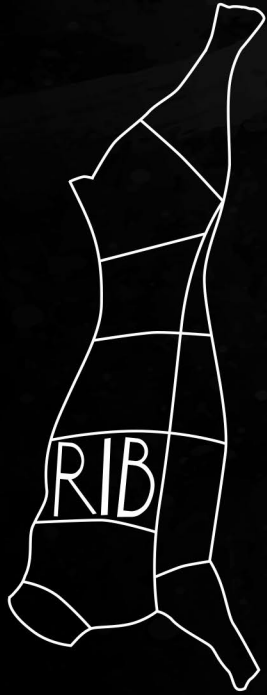
with bulked-up fritters

Finger foods that WILL fill you up! These easy fritters are bulked up with sweet potato, baby marrows and chickpea flour (gluten free) and compliments the ever-so-popular braaied rib chops perfectly! This combo will not reap havoc on your summer body diet and you can prepare it all on the braai!

Bulked-up fritters

- 2 Eggs, large
- 4 small Zucchini (baby marrows), grated
- 1 tablespoon strong hard cheese, grated
- 1 sweet potato, grated
- Lemon Zest (one lemon)
- ½ Onion, grated
- 1 teaspoon salt
- 2 teaspoons mixed dried herbs
- 1 teaspoon garlic, crushed
- 1 cup chickpea flour

- ✦ Mix the eggs, chickpea flour and herbs to make a smooth batter.
- ✦ Grate and add the remaining ingredients to the batter
- ✦ Scoop spoonful of the batter onto a warm non-stick pan or into some shallow, warm oil (just like you would do with flapjacks), turn until both sides are golden brown.
- ✦ You can also grill these in the oven (turn every 10 minutes)
- ✦ Squeeze a few drops of lemon juice over the warm fritters, serve with braaied lamb rib chops and a spicy yoghurt dip (plain greek yoghurt with some chili flakes or Sriracha spice)



One rib chop

- = 50g average cooked edible portion
- = 14g Protein
- = 4g Fat per chop

