

# ZUCCHINI FRITTERS WITH BASIL-CRÈME FRAÎCHE

Fritters are fabulous! We want you to believe it, so next time you do your daily mindfulness practice, be sure to include “fritters are fabulous” into your mantra and you’ll be certain to manifest this much needed dish into your life! We make these fritters healthy and farm-fresh choosing zucchini during its bountiful summer season. The combination of zucchini, shallots, herbs, and Parmesan is delightful, especially when topped with our lush, lemony, garlicky, basil-crème fraîche.

Prep time: 15 minutes

Cook time: 15 minutes

Serves 6



Combine the zucchini and salt in a colander and let it sit for 20 mins.

In a small bowl, combine the crème fraîche with garlic and lemon. Season with salt and pepper to taste. If the mixture is too thick, whisk in a tablespoon of water. The consistency should be similar to lightly whipped cream.

Squeeze the liquid from the zucchini and place in a medium bowl. Mix in the remaining ingredients, then pan-fry heaping spoonfuls of the mixture in olive oil, flattening with a spatula, 3-4 mins per side until brown and crispy. Drain on paper towels and season with salt.

Serve the fritters with a spoonful of crème fraîche and garnish with chopped basil.

## Zucchini:

1 pound zucchini, trimmed  
and grated

1 teaspoon Kosher salt

1 shallot, sliced thin

1 teaspoon herbes de  
Provence, or thyme

1 egg, beaten

½ cup grated Parmesan

½ lemon, juiced

¼ cup almond flour

## Crème Fraîche:

¾ cup crème fraîche or sour  
cream

1 clove garlic, grated

squeeze of lemon

⅓ cup basil, sliced

Kosher salt and freshly  
ground pepper, to taste