



Crispy Lamb, Pea and Mint Fritters

Recipe by [Donna Hay](#) from [Donna Hay: Basics To Brilliance](#)

<https://www.lifestylefood.com.au/recipes/25690/crispy-lamb-pea-and-mint-fritters>

These golden fritters, made with tender lamb and packed with greens and herbs, are perfect for brunch, a simple lunch or light dinner – kids will love them too.

- 1 cup (150g) self-raising flour
- 1 cup (250ml) milk
- 2 eggs
- 1 tablespoon mustard
- sea salt and cracked black pepper
- 2 cups (300g) shredded slow-roasted lamb shoulder
- 2 cups (80g) finely shredded Cavolo Nero (Kale) leaves
- 1 cup (120g) peas, thawed
- ½ cup finely chopped chives
- ¼ cup chopped mint leaves
- ½ cup (125ml) extra virgin olive oil
- lemon wedges, to serve
- store-bought tomato relish, to serve

Method

1. Place the flour, milk, eggs, mustard, salt and pepper in a large bowl and whisk until smooth. Add the lamb, cavolo nero, peas, chives and mint and mix until just combined.
2. Heat a little of the oil in a large non-stick frying pan over medium heat.
3. In batches, cook 80ml of the mixture for 2–3 minutes each side or until golden brown and cooked through, adding more oil as necessary. Serve with lemon wedges and tomato relish. Makes 10–12

Nutritional information

Nutritional analysis per serving (10 servings)

- Energy **294kj**
- Fat Total **23g**
- Saturated Fat **3g**
- Protein **5g**
- Carbohydrate **16g**
- Sugar **2g**
- Sodium **249mg**

Note: The information shown is Edamam's estimate based on available ingredients and preparation. It should not be considered a substitute for a professional nutritionist's advice.

TIPS

They're best served hot and crispy from the pan, but you can keep them warm in an oven preheated to 140°C (275°F) while you make the whole batch.