



SEAFOOD PEPPER FRITTER

CONTENTS:

4.9 oz (140 grams)	Crab Surimi or Cooked, Flaked White Fish
3.5 oz (100 grams)	<i>Reduced Moisture</i> Vegetables
	? " Diced Mild Green Chili
	? " Diced Jalapeno Pepper
	? " Diced Red Bell Pepper
	¼" Diced Sweet Yellow Onion
2	Eggs
1/2 cup	Grated Parmesan Cheese
1/4 cup	Flour
5 g	SupHerb Farms IQF Minced Garlic
2-3 g	SupHerb Farms IQF Basil
2-3 g	SupHerb Farms IQF Oregano
1 tsp.	Balsamic Vinegar
To Taste	Salt & Black Pepper
5-6 tbsp.	Olive Oil

PREPARATION INSTRUCTIONS:

Sauté onion and garlic in 1 Tbsp. olive oil. Add *Reduced Moisture*TM Vegetables and herbs. Sauté for 1-2 minutes. Cover and simmer for 1-2 minutes, until slightly tender. Remove from heat and season with salt, black pepper, & balsamic vinegar. Beat the eggs in a bowl. Add the crab surimi or cooked, flaked fish to the eggs. Stir in the sautéed vegetables. Add the flour and grated parmesan cheese and mix well. Add 3-4 tbsp. olive oil to the bottom of a frying pan. Heat oil and drop ¼ cup spoonfuls of mixture to the pan. Flatten slightly. Brown once on each side (golden brown color).

Serve warm with a grilled tomato sauce, salsa, or herb butter.

To re-heat frozen fritters, allow pieces to temper slightly before microwaving. Microwave for approx. 30-40 seconds using a medium setting.