Prep Time: 25 minutes | Cook Time: 20 minutes | Total Time: 45 minutes
Servings: 4 (makes 12 rolls) | Difficulty: Easy | Cuisine: Mediterranean-inspired

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## Introduction

These Crispy Zucchini and Potato Fritter Rolls are the perfect answer to that eternal question: what do I do with all this zucchini? Grated zucchini and fluffy mashed potato are folded together with Parmesan, garlic, and fresh herbs, then wrapped into elegant rolls, coated in golden breadcrumbs, and pan-fried until shatteringly crisp on the outside and tender within. Serve them as a vegetarian main with a bright yogurt dip, or pass them around as a crowd-pleasing appetizer. They're equally delicious warm or at room temperature, making them

ideal for meal prep, lunchboxes, or entertaining.

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## Ingredients

For the Fritter Rolls:

- 2 medium zucchini (about 450 g / 1 lb), coarsely grated
- 2 medium potatoes (about 400 g / 14 oz), peeled and cut into chunks
- 1 teaspoon salt (for drawing out zucchini water)
- 2 large eggs, lightly beaten
- 80 g (¾ cup) grated Parmesan cheese
- 60 g (½ cup) all-purpose flour
- 2 cloves garlic, minced
- 2 spring onions (scallions), finely sliced
- 2 tablespoons fresh dill, chopped (or 1 teaspoon dried)

- 2 tablespoons fresh parsley, chopped
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon smoked paprika (optional, for depth)
- ½ teaspoon baking powder (for lightness)

For Coating and Frying:

- 100 g (1 cup) panko breadcrumbs
- 2 tablespoons sesame seeds (optional)
- 2 eggs, beaten (for the coating station)
- 60 ml (¼ cup) olive oil, for shallow frying (plus more as needed)

For the Yogurt Dip:

- 200 g (¾ cup) Greek yogurt
- 1 tablespoon lemon juice

- 1 small garlic clove, grated
- 1 tablespoon fresh mint or dill, chopped
- Pinch of salt

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## Equipment

- Box grater
- Clean kitchen towel or cheesecloth
- Large pot and potato masher (or ricer)
- Large mixing bowl
- Non-stick frying pan or cast-iron skillet
- Shallow bowls (for coating station)
- Slotted spoon or tongs

- Paper towels

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# Instructions

## Step 1: Prepare the Zucchini (10 minutes)

Grate the zucchini on the coarse side of a box grater. Toss with 1 teaspoon of salt in a colander and let stand for 10 minutes to draw out excess moisture. Working in batches, wrap the zucchini in a clean kitchen towel and squeeze firmly until as dry as possible — you should extract 100–150 ml of liquid. This step is critical: wet zucchini leads to soggy fritters and rolls that fall apart.

## Step 2: Cook the Potatoes (15 minutes)

While the zucchini drains, boil the potato chunks in salted water for 12–15 minutes, until fork-tender. Drain thoroughly, then return to the hot pot for 1 minute to steam off excess moisture. Mash until smooth (a ricer gives the fluffiest texture). Set aside to cool slightly.

## Step 3: Make the Fritter Mixture (5 minutes)

In a large bowl, combine the squeezed zucchini, mashed potato, beaten eggs, Parmesan, flour, garlic, spring onions, dill, parsley, black pepper, smoked paprika, and baking powder. Mix with a spatula until just combined — don’t overwork it. The mixture should be moist but hold its shape when pressed. If it feels too wet, add 1–2 tablespoons more flour; if too dry, add a splash of beaten egg.

## Step 4: Shape the Rolls (5 minutes)

Divide the mixture into 12 equal portions (about 60 g each). With lightly dampened hands, shape each portion into a compact roll about 7–8 cm (3 inches) long and 3 cm (1¼ inches)

thick. Arrange on a parchment-lined tray. Chill in the refrigerator for 10 minutes to firm up — this helps them hold together during coating and frying.

## Step 5: Set Up the Coating Station (2 minutes)

Place the panko (mixed with sesame seeds, if using) in one shallow bowl. Beat the two eggs in a second bowl. Set up a third empty plate for the coated rolls.

## Step 6: Coat the Rolls (5 minutes)

Roll each fritter in the beaten egg, letting excess drip off, then press firmly into the panko mixture, turning to coat all sides. For an extra-crispy shell, double-dip: egg → panko → egg → panko. Place coated rolls on the plate and refrigerate for 5 minutes (optional but recommended for maximum adhesion).

## Step 7: Pan-Fry to Golden Perfection (20 minutes, in batches)

Heat 3 tablespoons of olive oil in a large non-stick pan over medium heat (160–170°C / 320–340°F). A breadcrumb should sizzle gently when dropped in. Add 4 rolls at a time — don’t crowd the pan — and fry for 3–4 minutes per side, turning gently with tongs, until deep golden brown and crisp all over. Adjust the heat as needed: too hot and the outside burns before the center heats through; too low and they turn greasy. Transfer to a paper towel-lined plate and keep warm in a low oven (100°C / 210°F) while you fry the remaining batches, adding oil as needed.

## Step 8: Make the Dip (2 minutes)

Stir together Greek yogurt, lemon juice, grated garlic, chopped herbs, and salt. Taste and adjust.

## Step 9: Serve

Arrange the rolls on a platter with the yogurt dip alongside. Garnish with extra dill and a

squeeze of lemon. Serve warm.

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## Cooking Times and Intensities Summary

| Stage | Time | Intensity/Heat |
|---|---|---|
| Zucchini salting/draining | 10 min | None (passive) |
| Boiling potatoes | 12–15 min | High (rolling boil) |
| Mixing | 5 min | Low (manual) |
| Shaping and chilling | 10–15 min | None (passive) |
| Coating | 5 min | Low (manual) |
| Pan-frying | 20 min total | Medium (160–170°C / 320–340°F) |
| Dip | 2 min | Low (manual) |

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## Nutrition Information (Per Serving — 3 rolls with dip)

- Calories: 485 kcal
- Protein: 20 g
- Carbohydrates: 40 g
- Dietary Fiber: 4 g
- Sugars: 5 g

- Fat: 27 g
- Saturated Fat: 7 g
- Cholesterol: 165 mg
- Sodium: 720 mg
- Potassium: 710 mg
- Calcium: 260 mg
- Iron: 3 mg