



Spicy Carrot Zucchini Fritters

If a hash brown cleaned up its act, this would be it. These Spicy Carrot Zucchini Fritters are crisp on the outside, tender in the middle, and perfectly spiced with a little buffalo-style kick, without a chicken wing in sight.

What I love about these is that they feel fun and satisfying without being heavy or starchy. They're made with real, healthy ingredients and these fritters are proof that something can be crispy, flavorful, and seriously satisfying without being weighed down by potatoes, frying oil, or a bunch of processed nonsense. Real food, big flavor, and a recipe worth making again.

They're delicious straight off the pan, great with your favorite dip, and especially good topped with a cooked over-easy egg. Once that yolk hits those crispy edges, it's game over. They work for breakfast, lunch, dinner, or a snack.

They're also great for meal prep. They reheat especially well in the oven, air fryer, or skillet.

Choose organic ingredients whenever possible.

To see how easy these are to make, check out my YouTube video [@noblealchemy](#). Bon Appetit!

Ingredients

2 carrots with skin, grated
1 large zucchini with skin, grated
1 tablespoon Frank's Hot Sauce
1/4 cup finely diced red onion
2 tablespoons tahini
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon smoked paprika
1/2 teaspoon chili powder
1 tablespoon chickpea flour
1 tablespoon nutritional yeast

Instructions

1. Preheat the oven to 400 degrees F and line a large baking sheet with parchment paper.
2. Grate the carrots and zucchini with a cheese grater, place them in a large bowl, and set aside.
3. Add the remaining ingredients and mix well.
4. Using a 1/3 cup measuring cup, scoop and shape the fritter mixture, then plop the fritters onto the prepared baking sheet.
5. Using the back of the measuring cup, press down on the fritters and tuck any stray pieces of zucchini or carrot back into the fritter.

6. Bake for 20 minutes.
7. Remove the baking sheet from the oven and, using a thin-edged spatula, carefully flip the fritters over.
8. Place the baking sheet back into the oven and bake for another 20 minutes.
9. Remove from the oven, let cool for 10 minutes, then serve.