



Bacon, Zucchini & Cheddar Fritters

with Creamy Cucumber Slaw & Smokey Aioli

Grab your Meal Kit with this symbol



Diced Bacon



Zucchini



Carrot



Shredded Cheddar Cheese



Aussie Spice Blend



Cucumber



Slaw Mix



Mayonnaise



Parsley



Smokey Aioli



Diced Bacon

Prep in: **20-30 mins**
Ready in: **30-40 mins**

Carb Smart*
**Custom Recipe is not Carb Smart*

Thanks to seared bacon bits, our Aussie spice blend and sharp Cheddar (which gets all lovely and crispy in the pan), these fritters are blissful with every bite. Serve with a creamy slaw to keep the flavour up, and the carbs down.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, Plain Flour (or Gluten Free Plain Flour), White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your veggies a wash.

You will need

Large frying pan

Ingredients

| | 2 People | 4 People |
|--|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| diced bacon | 1 packet (90g) | 1 packet (180g) |
| zucchini | 1 | 2 |
| carrot | 1 | 2 |
| shredded Cheddar cheese | 1 medium packet | 1 large packet |
| Aussie spice blend | 1 medium sachet | 1 large sachet |
| egg* | 1 | 2 |
| plain flour* (or gluten-free plain flour) | ½ cup | 1 cup |
| cucumber | 1 | 2 |
| slaw mix | 1 small bag | 1 large bag |
| mayonnaise | 1 medium packet | 1 large packet |
| white wine vinegar* | drizzle | drizzle |
| parsley | 1 bag | 1 bag |
| smokey aioli | 1 medium packet | 1 large packet |
| diced bacon** | 1 packet (90g) | 1 packet (180g) |

*Pantry Items **Custom Recipe Ingredient

Nutrition

| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|----------------|
| Energy (kJ) | 2504kJ (598Cal) | 554kJ (132Cal) |
| Protein (g) | 22.6g | 5g |
| Fat, total (g) | 39.1g | 8.6g |
| - saturated (g) | 9.3g | 2.1g |
| Carbohydrate (g) | 37.1g | 8.2g |
| - sugars (g) | 13.8g | 3.1g |
| Sodium (mg) | 1410mg | 312mg |
| Dietary Fibre (g) | 7.5g | 1.7g |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2894kJ (692Cal) | 582kJ (139Cal) |
| Protein (g) | 29.4g | 5.9g |
| Fat, total (g) | 46g | 9.3g |
| - saturated (g) | 11.9g | 2.4g |
| Carbohydrate (g) | 38g | 7.6g |
| - sugars (g) | 14.3g | 2.9g |
| Sodium (mg) | 1842mg | 370mg |

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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Cook the bacon

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **diced bacon**, breaking bacon up with a spoon, until golden, **4-5 minutes**.

Custom Recipe: If you've doubled your diced bacon, cook for an extra 2-3 minutes.



Cook the fritters

- Return frying pan to medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, cook heaped tablespoons of **fritter mixture**, in batches, until golden and cooked through, **3-4 minutes** each side (don't flip too early!).
- Transfer to a paper towel-lined plate. You should get 3-4 fritters per person.

TIP: Add extra oil between batches as needed.



Get prepped

- Meanwhile, grate **zucchini** and **carrot**, squeezing out any excess moisture with a paper towel.

TIP: Removing excess liquid from the veggies will help the fritters crisp up in the pan!



Make the slaw

- While the fritters are cooking, thinly slice **cucumber** into half-moons.
- In a second medium bowl, combine **cucumber**, **slaw mix**, **mayonnaise**, and a drizzle of **white wine vinegar**.
- Toss to coat. Season to taste.



Make the fritter mixture

- In a medium bowl, combine **bacon**, **zucchini**, **carrot**, **shredded Cheddar cheese**, **Aussie spice blend**, the **egg** and the **plain flour**.

TIP: Lift out some of the mixture with a spoon. If it's too wet and doesn't hold its shape, add a little more flour!



Serve up

- Roughly chop **parsley**.
- Divide bacon, zucchini and Cheddar fritters and the slaw between plates. Top with **smokey aioli**.
- Garnish with parsley to serve. Enjoy!

Rate your recipe

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