














Bacon, Zucchini & Corn Fritters

with Roast Sweet Potato Salad & Smokey Aioli

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Sweetcorn
-  Spring Onion
-  Garlic
-  Zucchini
-  Bacon
-  Aussie Spice Blend
-  Cucumber
-  Tomato
-  Mixed Salad Leaves
-  Smokey Aioli

 Hands-on: 25-35 mins
Ready in: 35-45 mins

These sweet and salty fritters are the perfect marriage of tasty ingredients and easy cooking techniques. With bacon in the fritter mix and smoky aioli served on the side, this crowd-pleasing meal will be devoured in record time!

Pantry items

Olive Oil, Plain Flour, Egg, Milk, White Wine Vinegar, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper
Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
sweetcorn	1 tin (125g)	1 tin (300g)
spring onion	1 bunch	1 bunch
garlic	1 clove	2 cloves
zucchini	1	2
bacon	2 packets (200g)	4 packets (400g)
plain flour*	½ cup	1 cup
egg*	1	2
milk*	2 tsp	1 tbs
Aussie spice blend	1 sachet	2 sachets
cucumber	1	2
tomato	1	2
white wine vinegar*	2 tsp	2 tsp
honey*	¼ tsp	½ tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
smokey aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

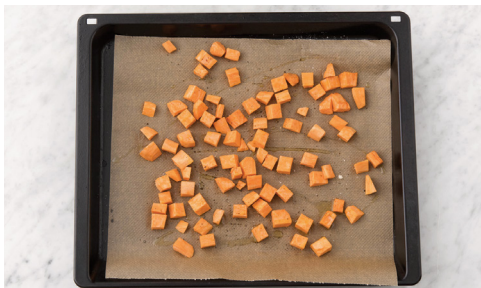
Nutrition

	Per Serving	Per 100g
Energy (kJ)	3400kJ (812Cal)	449kJ (107Cal)
Protein (g)	29.0g	3.8g
Fat, total (g)	44.9g	5.9g
- saturated (g)	10.8g	1.4g
Carbohydrate (g)	69.0g	9.1g
- sugars (g)	23.0g	3.0g
Sodium (g)	1720mg	228mg

Allergens

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

Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Roast the sweet potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Place the **sweet potato**, a **drizzle of olive oil** and a **pinch of salt** and **pepper** on an oven tray lined with baking paper. Toss to coat, then roast until tender, **20-25 minutes**.

TIP: Cut the sweet potato to the correct size so it cooks in the allocated time!



4. Cook the fritters

Return the frying pan to a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, add **1/4 cup of fritter mixture** and flatten with a spatula. Add a few portions at a time and cook until golden, **3-4 minutes** each side. Transfer to a plate lined with paper towel. Repeat with the **remaining fritter mixture**. You should get 3 fritters per person.

TIP: No need to wash the pan first!

TIP: Don't turn the fritters too early to ensure they have time to set.

TIP: Add extra oil as needed so the fritters don't stick.



2. Get prepped

While the sweet potato is roasting, drain the **sweetcorn**. Thinly slice the **spring onion**. Finely chop the **garlic** (or use a garlic press). Grate the **zucchini**. Squeeze the **zucchini** in a Chux cloth or a clean tea towel over a bowl. Finely chop the **bacon**.

TIP: Squeezing the zucchini in a cloth removes any excess moisture so your fritters are the perfect consistency!



5. Make the salad

While the fritters are cooking, roughly chop the **cucumber** and **tomato**. In a medium bowl, combine the **white wine vinegar**, **honey**, **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**) and a **pinch of pepper**. Add the **mixed salad leaves**, **cucumber**, **tomato** and **sweet potato** to the bowl with the **dressing** and toss to coat.



3. Make the fritter mixture

In a large frying pan, heat a **drizzle of olive oil** over a high heat. Add the **bacon** and cook until golden, **3-4 minutes**. While the bacon is cooking, combine the **sweetcorn**, **spring onion**, **garlic**, **zucchini**, **plain flour**, **egg**, **milk** and **Aussie spice blend** in a medium bowl. When the **bacon** is cooked, add to the bowl and mix well.

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



6. Serve up

Divide the bacon, zucchini and corn fritters and sweet potato salad between plates. Serve with the **smokey aioli**.

Enjoy!