















# Bacon & Zucchini Couscous Fritters

with Sweet Potato Salad & Garlic Aioli

Grab your Meal Kit with this symbol 



-   
Sweet Potato
-   
Red Onion
-   
Pepitas
-   
Vegetable Stock
-   
Couscous
-   
Bacon
-   
Zucchini
-   
Parsley
-   
Lemon
-   
Grated Parmesan Cheese
-   
Baby Spinach Leaves
-   
Garlic Aioli

 Hands-on: **30-40 mins**  
Ready in: **40-50 mins**

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

**Pantry items**  
Olive Oil, Plain Flour, Eggs

## Before you start

Our fruit and veggies need a little wash first!

### You will need

Oven tray lined with baking paper · Medium saucepan with a lid · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
red onion	1	2
pepitas	1 sachet	2 sachets
water*	¾ cup	1½ cups
vegetable stock	1 cube	2 cubes
couscous	1 packet	2 packets
bacon	1 packet	2 packets
zucchini	1	2
parsley	1 bag	1 bag
lemon	½	1
grated Parmesan cheese	1 packet (30g)	2 packets (60g)
plain flour*	¼ cup	½ cup
eggs*	2	4
baby spinach leaves	1 bag (30g)	1 bag (60g)
garlic aioli	1 packet (50g)	1 packet (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3630kJ (868Cal)	632kJ (151Cal)
Protein (g)	36.5g	6.3g
Fat, total (g)	45.1g	7.9g
- saturated (g)	10.9g	1.9g
Carbohydrate (g)	77.0g	13.4g
- sugars (g)	15.1g	2.6g
Sodium (g)	1240mg	215mg

### Allergens

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



## 1. Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 2cm chunks. Slice the **red onion** into 2cm wedges. Place the **sweet potato, onion, 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 for **20 minutes**. Remove the tray from the oven, sprinkle with the **pepitas** and roast until the sweet potato is tender and pepitas are golden, **5 minutes**.

**TIP:** Cut the veggies to the correct size so they cook in the allocated time.



## 4. Cook the fritters

Wipe out the frying pan and return 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 the **fritter mixture** and press down with a spatula to make a 1cm-thick fritter. Repeat with some of the **remaining fritter mixture**. Cook the fritters until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel. Repeat with the **remaining fritter mixture**.

**TIP:** Cooking the fritters in batches gives them enough space to cook evenly. Add extra oil if needed to ensure they don't stick to the base of the pan.



## 2. Cook the couscous

While the veggies are roasting, add the **water** to a medium saucepan, crumble in the **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)** and bring to the boil. Add the **couscous** and a **drizzle of olive oil**. Stir to combine, then cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up the **couscous** with a fork.



## 5. Finish the salad

Cut the **lemon** into wedges. In a medium bowl, add the **roasted veggies, pepitas, baby spinach leaves, olive oil (2 tsp for 2 people / 1 tbs for 4 people)** and a **squeeze of lemon juice**. Toss to coat. Season with **salt and pepper**.

**TIP:** Let the roasted veggies cool slightly before adding to the salad to keep the leaves crisp.



## 3. Make the fritter mixture

While the couscous is cooking, cut the **bacon** into 1cm pieces. In a large frying pan, heat a **drizzle of olive oil** over a medium-high heat. Add the **bacon** and cook until golden, **4-5 minutes**. Transfer to a plate lined with paper towel. Grate the **zucchini**. Roughly chop the **parsley**. Zest the **lemon (see ingredient list)** to get a **generous pinch**. In a medium bowl, combine the **couscous, bacon, zucchini, parsley, lemon zest, grated Parmesan cheese, plain flour, eggs** and a **pinch of salt and pepper**. Stir to combine.



## 6. Serve up

Divide the couscous fritters and sweet potato salad between plates. Serve with the **garlic aioli** and any remaining lemon wedges.

**Enjoy!**