



(02) 8188 8722 | HelloFresh.com.au

WK49
2016

Cheesy Fritters with Dill & Parsley Mayo

They say love is the glue that holds a family together, but we've done extensive field research and have discovered that it is, in fact, bacon. Gather your loved ones and stack these fritters high – it's like a delicious game of Jenga that everyone will want to play.



Prep: 20 mins



Cook: 20 mins



Total: 40 mins



level 1



high protein

Pantry Items



Eggs



Plain Flour



Middle Bacon



Zucchini



Carrot



Cheddar Cheese



Milk



Olive Oil



Spring Onions



Baby Spinach
Leaves



Cucumber



Dill & Parsley
Mayonnaise

JOIN OUR PHOTO CONTEST



#HelloFreshAU

2P	4P	Ingredients
1 packet	2 packets	middle bacon, cut into small strips
1	2	zucchini, grated & excess moisture squeezed out
1	2	carrot, peeled, washed & grated
1 block	2 blocks	Cheddar cheese, grated
1 bunch	2 bunches	spring onions, finely sliced
2	4	eggs, whisked *
¼ cup	½ cup	plain flour *
1 tbs	2 tbs	milk *
¼ cup	½ cup	olive oil *
½ bag	1 bag	baby spinach leaves, washed
1	2	cucumber, thinly sliced
1 tub	2 tubs	dill & parsley mayonnaise

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3330	Kj
Protein	31.9	g
Fat, total	64.6	g
-saturated	20.1	g
Carbohydrate	22.4	g
-sugars	9.4	g
Sodium	1030	mg



You will need: *chef's knife, chopping board, box grater, fork, sieve, medium frying pan, wooden spoon, two large mixing bowls, large spoon, spatula, plate and paper towel.*

1 Heat a lightly greased medium frying pan over a medium-high heat. Cook the **middle bacon** for **4-5 minutes**, or until brown. Remove pan from the heat and transfer the bacon to a large mixing bowl.



2 Add the grated and squeezed **zucchini**, **carrot**, **Cheddar cheese** and **spring onions** to the large bowl with the cooked bacon. Add the whisked **egg** and mix well to combine. Next, add the **plain flour** and **milk** and mix until combined. Season with **salt** and **pepper**. The result should be a light batter that holds your veggies together as they cook but nothing too pancakey.



3 Heat half the **olive oil** in a pan over a medium heat. Use a large serving spoon to gently place a portion of the zucchini mixture on to the pan. Gently cook for **3-4 minutes** on either side and transfer to a plate in a warm resting place. Wipe the pan out with paper towel and add the remaining oil if needed.

Tip: It's always best to try one first before adding all of the batter. Do a few portions at a time (you should be able to make 8-10 fritters) but be careful not to over-crowd the pan.



4 Meanwhile in a second large bowl, combine the **baby spinach leaves** and **cucumber**. Season with salt and pepper, drizzle with some olive oil and set aside.

5 To serve, divide the salad and fritters between plates. Top with a spoonful of the **dill & parsley mayonnaise**. Enjoy!

Did you know? Approximately 9 million acres of onions are grown around the world annually.