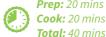


Cheesy Fritters with Dill & Parsley Mayo

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





high protein

Pantry Items











Middle Bacon







Baby Spinach



Carrot



Cheddar Cheese



Cucumber



Dill & Parsley Mayonnaisé

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 *	
1/4 cup	½ cup	plain flour *	
1 tbs	2 tbs	milk *	
⅓ 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.

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.

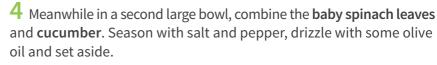


2 Add the grated and squeezed zucchini, carrot, Cheddar cheese and spring onions to the large bowl with the cooked bacon. Add the whisked egg and mix well to combine. Next, add the plain flour and milk and mix until combined. Season with salt and pepper. The result should be a light batter that holds 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.





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.