



Plant-Based Bacon & Corn Fritters

with Wedges, Sweet Chilli & Plant-Based Aioli

ALTERNATIVE PROTEIN

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Tomato



Carrot



Sweetcorn



Plant-Based Bacon Bits



Garlic & Herb Seasoning



Garlic Paste



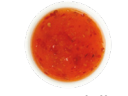
Cornflour



Salad Leaves



Plant-Based Aioli



Sweet Chilli Sauce



Plant-Based Bacon Bits

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

Plant Based

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

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

Pantry items

Olive Oil, Plain Flour, Plant-Based Milk, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
potato	2	4
tomato	1	2
carrot	1	2
sweetcorn	1 tin (300g)	2 tins (600g)
plant-based bacon bits	1 packet (90g)	2 packets (180g)
garlic & herb seasoning	1 medium sachet	1 large sachet
garlic paste	1 packet	2 packets
cornflour	1 medium packet	2 medium packets
plain flour*	¼ cup	½ cup
plant-based milk*	3 tbs	½ cup
salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
plant-based aioli	1 medium packet	2 medium packets
sweet chilli sauce	1 small packet	1 medium packet
plant-based bacon bits**	1 packet (90g)	2 packets (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2750kJ (657Cal)	423kJ (101Cal)
Protein (g)	26g	4g
Fat, total (g)	24.8g	3.8g
- saturated (g)	2.3g	0.4g
Carbohydrate (g)	77.6g	11.9g
- sugars (g)	24.5g	3.8g
Sodium (mg)	1579mg	243mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3121kJ (746Cal)	449kJ (107Cal)
Protein (g)	38.4g	5.5g
Fat, total (g)	27.9g	4g
- saturated (g)	2.6g	0.4g
Carbohydrate (g)	79.7g	11.5g
- sugars (g)	24.7g	3.6g
Sodium (mg)	2043mg	294mg

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



1



Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into wedges. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the wedges between two trays.

4



Cook the fritters

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

TIP: Add extra olive oil between batches as needed.

2



Get prepped

- Meanwhile, cut **tomato** into wedges.
- Grate **carrot**, then squeeze out any excess moisture using a paper towel.
- Drain **sweetcorn**.

TIP: Removing excess liquid from the carrot will help the fritters crisp up in the pan.

5



Toss the salad

- While the fritters are cooking, combine **salad leaves**, **tomato** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season.

3



Make the fritter mixture

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **plant-based bacon bits**, tossing, until browned, **3-4 minutes**.
- In a large bowl, combine **corn**, **carrot**, **bacon**, **garlic & herb seasoning**, **garlic paste**, **cornflour**, the **plain flour**, the **plant-based milk** and a pinch of **salt** and **pepper**.

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!

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

6



Serve up

- Divide plant-based bacon and corn fritters, wedges and garden salad between plates.
- Serve with **plant-based aioli** and **sweet chilli sauce**. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate