Quick Bacon & Parmesan Fritters with Garden Salad, Dill-Parsley Mayo & Chives

Grab your Meal Kit with this symbol











Sweetcorn







Garlic & Herb



Seasoning



Chives



Tomato

Mixed Salad Leaves



Dill & Parsley Mayonnaise



Prep in: 20-30 mins Ready in: 25-35 mins



*Custom recipe is not Carb Smart

There's no better way to get your veggies than by adding them to cheesy fritters, which get all lovely and golden in the pan. With an extra dose of goodness from a crisp salad, this dish goes to show that you can get your fritter fix without the carb overload.

Olive Oil, Egg, Plain Flour (or Gluten-Free Plain Flour), 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

Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
diced bacon	1 packet (90g)	1 packet (180g)	
zucchini	1	2	
sweetcorn	1 tin (125g)	1 tin (300g)	
shaved Parmesan cheese	1 packet (26g)	1 packet (52g)	
garlic & herb seasoning	1 medium sachet	1 large sachet	
egg*	1	2	
plain flour* (or gluten-free plain flour)	1/4 cup	½ cup	
tomato	1	2	
chives	1 bag	1 bag	
white wine vinegar*	drizzle	drizzle	
mixed salad leaves	1 medium bag	2 medium bags	
dill & parsley mayonnaise	1 medium packet	1 large packet	
haloumi**	1 packet	2 packets	
*Pantry Items **Custom Recipe Ingredient			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2082kJ (497Cal)	519kJ (124Cal)
Protein (g)	23.3g	5.8g
Fat, total (g)	31.3g	7.8g
- saturated (g)	7.3g	1.8g
Carbohydrate (g)	26.5g	6.6g
- sugars (g)	7.5g	1.9g
Sodium (mg)	1224mg	305mg
Dietary Fibre (g)	5.3g	1.3g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3234kJ (773Cal)	658kJ (157Cal)
Protein (g)	40.4g	8.2g
Fat, total (g)	54g	11g
- saturated (g)	21.7g	4.4g
Carbohydrate (g)	27.7g	5.6g
- sugars (g)	8.5g	1.7g
Sodium (mg)	2259mg	460mg

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.

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Scan here if you have any questions or concerns



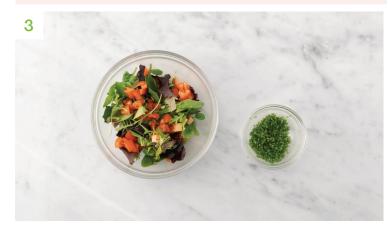


Get prepped

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook diced bacon, breaking bacon up with a spoon, until golden, 4-5 minutes.
- Meanwhile, grate zucchini, then squeeze out any excess moisture using a paper towel (this helps the fritters crisp up in the pan). Drain sweetcorn.
- In a medium bowl, combine bacon, corn, zucchini, shaved Parmesan cheese, garlic & herb seasoning, the egg and the plain flour. Add a pinch of pepper, then mix well to combine.

TIP: Lift out some of the fritter 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 added haloumi to your meal, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water to soak.



Toss the salad

- · Meanwhile, roughly chop tomato. Finely chop chives.
- In a second medium bowl, combine a drizzle of white wine vinegar and olive oil. Season with salt and pepper, then add mixed salad leaves and tomato. Toss to combine.

Custom Recipe: Drain haloumi and pat dry. In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side.



Cook the fritters

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

TIP: Add extra oil between batches as needed.



Serve up

- Divide bacon and Parmesan fritters and garden salad between plates.
- · Sprinkle over chives.
- Serve with dill & parsley mayonnaise. Enjoy!

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