



Quick Bacon & Parmesan Fritters

with Garden Salad, Dill-Parsley Mayo & Chives

Grab your Meal Kit with this symbol



Diced Bacon



Zucchini



Sweetcorn



Shaved Parmesan Cheese



Garlic & Herb Seasoning



Tomato



Chives



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Haloumi

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

Carb Smart*
**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.

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

Pantry items

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

	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)	¼ 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.

We're here to help!

Scan here if you have any questions or concerns



1



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.

3



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.

2



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 fritters set!).
- Transfer to a paper towel-lined plate.

TIP: Add extra oil between batches as needed.

4



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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