



Bacon & Cheddar Fritters

with Cherry Tomato Salad & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Diced Bacon



Zucchini



Carrot



Cucumber



Cherry Tomatoes



Shredded Cheddar Cheese



Vegetable Stock Powder



Garlic & Herb Seasoning



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Hands-on: **20-30 mins**
Ready in: **25-35 mins**



Carb Smart



Naturally Gluten-Free
Not suitable for coeliacs

There's no better way to get your veggies than by adding them to cheesy fritters, gently fried to a gorgeous finish. With an extra dose of goodness from the side salad, this colourful, low-carb dish tastes every bit as good as it looks!

The recent harsh weather conditions have impacted the cucumbers and zucchinis grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

Pantry items

Olive Oil, Egg, Plain Flour (or Gluten-Free Plain Flour), Milk, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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
carrot	1	2
cucumber	1	2
cherry tomatoes	1 punnet	2 punnets
shredded Cheddar cheese	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
garlic & herb seasoning	1 sachet	2 sachets
egg*	1	2
plain flour* <i>(or gluten-free plain flour)</i>	¼ cup	½ cup
milk*	2 tbs	¼ cup
mixed salad leaves	1 bag (30g)	1 bag (60g)
white wine vinegar*	drizzle	drizzle
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2181kJ (521Cal)	442kJ (106Cal)
Protein (g)	23.7g	4.8g
Fat, total (g)	34.9g	7.1g
- saturated (g)	10.5g	2.1g
Carbohydrate (g)	26.4g	5.3g
- sugars (g)	11.7g	5.3g
Sodium (mg)	1553mg	315mg
Dietary Fibre (g)	4.7g	1g

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.



Cook the bacon

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **diced bacon**, breaking up with a spoon, until golden, **4-5 minutes**.



Get prepped

While the bacon is cooking, grate the **zucchini** and **carrot**. Thinly slice the **cucumber** into rounds. Halve the **cherry tomatoes**.



Make the fritter mix

In a medium bowl, combine the **bacon, zucchini, carrot, shredded Cheddar cheese, vegetable stock powder, garlic & herb seasoning, egg, plain flour, milk** and a pinch of **pepper**.

TIP: Add more flour if the mixture is too wet.



Cook the fritters

Return the frying pan to a medium-high heat and add enough **olive oil** to coat the base. When the oil is hot, cook heaped tablespoons of the **fritter mixture**, in batches, and flatten with a spatula. Cook until golden, **3-4 minutes** each side. Transfer to a plate lined with paper towel.

TIP: If your pan is getting crowded, cook in batches for the best results. Don't flip too early to ensure the fritters have time to set, and add extra oil as needed.



Toss the salad

While the fritters are cooking, combine the **cherry tomatoes, cucumber** and **mixed salad leaves** in a medium bowl. Add a drizzle of **white wine vinegar** and **olive oil**, season and toss to combine.



Serve up

Divide the bacon and cheddar fritters between plates. Serve with the cherry tomato salad and the **dill & parsley mayonnaise**.

Enjoy!