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## Zucchini & Bacon Fritters with Cucumber Salad

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: 25 mins



Cook: 20 mins



Total: 45 mins



level 1



helping  
hands

### Pantry Items



Eggs



Plain Flour



Middle Bacon



Zucchini



Carrot



Cheddar Cheese



Sesame Seeds



Spring Onions



Olive Oil



Parsley



Baby Spinach  
Leaves



Cucumber



Walnuts



Tomato



Dill & Parsley  
Mayonnaise

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## QTY

## Ingredients

1 packet	middle bacon, rind removed & diced	
2	zucchini, grated & excess moisture squeezed out	
1	carrot, washed & grated	
1 block	Cheddar cheese, grated	
1 sachet	sesame seeds	
1 bunch	spring onions, finely sliced	
1 bunch	parsley leaves, picked & roughly chopped	
2	eggs, whisked *	
1/3 cup	plain flour *	
4 tbs	olive oil *	
1/2 bag	baby spinach leaves, washed	⊕
1	cucumber, thinly sliced	
1 sachet	walnuts, roughly chopped	
1	tomato, diced	
1 tub	dill & parsley mayonnaise	

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

## Nutrition per serve

Energy	2870	Kj
Protein	24.4	g
Fat, total	58.3	g
-saturated	15.2	g
Carbohydrate	17	g
-sugars	7.4	g
Sodium	916	mg



**You will need:** *chef's knife, chopping board, box grater, fork, sieve, large frying pan, wooden spoon, two large mixing bowls, large spoon, spatula, plate and paper towel.*

**1** Heat a lightly greased large frying pan over a medium-high heat. Cook the **middle bacon** for **4-5 minutes**, or until brown. Remove the pan from the heat and transfer the bacon into a large mixing bowl.



**2** Add the grated and squeezed **zucchini**, **carrot**, **Cheddar cheese**, **sesame seeds**, **spring onion** and **parsley** to the large mixing bowl with the cooked bacon. Add the whisked **egg** and mix well to combine. Next, add the **plain flour** 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 the same large frying pan over a medium-high heat. Use a large spoon to gently place a portion of the zucchini mixture onto the pan. Do a few portions at a time (you should be able to make approximately 10 fritters) but be careful not to overcrowd the pan. Gently cook for **3-4 minutes** on either side and transfer to paper towel lined plate. Wipe the pan out and add the remaining olive oil if needed. Repeat the process until all of the batter is gone.

**Tip:** It's always best to try one first before adding all of the batter.



**4** Meanwhile in a second large bowl, place the **baby spinach leaves**, **cucumber**, **walnuts** and **tomato**. Season with salt and pepper, drizzle in the remaining olive oil and set aside.

**5** To serve, divide the salad and fritters between plates. Top with a spoonful of the **dill & parsley mayonnaise**. Enjoy!