



Product Spotlight: Chickpea Flour

Chickpea flour, also known as besan flour is popular in Asian and Indian cuisine. It is high in protein, iron and fibre.



3 Crispy Corn & Bacon Fritters

Golden fritters full of sweet corn kernels, smokey bacon and spring onions, served with roast dutch carrots and a fresh pear salad.

 30 mins

 2 servings

 Pork

2 April 2021

Spice it up!

You can add crumbled feta cheese or grate some halloumi into the fritter mix for an even cheesier flavour. Serve fritters with a relish or dip of choice if preferred.

Per serve: **PROTEIN** 52g **TOTAL FAT** 18g **CARBOHYDRATES** 58g

FROM YOUR BOX

DUTCH CARROTS	1 bunch
CHICKPEA FLOUR/FLAXSEED MIX	1 packet (60g)
ZUCCHINI	1/2 *
CORN COB	1
SPRING ONION	1 *
BABY COS LETTUCE	1
GREEN PEAR	1
CELERY STALK	1
BACON	1 packet

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried tarragon, apple cider vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

If you don't feel like turning on the oven you can cut the carrots in half lengthways and serve raw with the salad.

Do not squeeze out excess moisture from zucchini as this will help to bind the mixture together.

No pork option - bacon is replaced with smoked chicken. Slice chicken and serve on the side with fritters.



1. ROAST THE CARROTS

Set oven to 220°C.

Trim and scrub carrots. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20-25 minutes or until cooked through (see notes).



2. PREPARE FRITTER MIX

Combine chickpea flour mix in a large bowl with **2 tbsp water**. Grate zucchini (see notes). Remove corn from cob and slice spring onion. Stir through mixture along with **1/2 tsp dried tarragon, salt and pepper**. Set aside.



3. PREPARE THE SALAD

Separate, chop and rinse lettuce leaves. Slice pear and celery. Toss in a large salad bowl. Whisk together **1 tbsp olive oil, 1/2 tbsp apple cider vinegar, salt and pepper**. Set aside.



4. COOK THE BACON

Heat a frypan over medium-high heat. Slice and add bacon. Cook for 5-6 minutes or until crispy. Remove to fritter mixture and stir until well combined.



5. COOK THE FRITTERS

Reheat frypan over medium-high heat with **oil**. Add 1/4 cup batter per fritter to the pan (makes roughly 8 fritters). Cook in batches for 3-4 minutes on each side or until golden and cooked through.



6. FINISH AND PLATE

Toss dressing through salad. Divide salad, roast carrots and fritters among plates. Serve with relish or dip of choice if preferred.

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