



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Sesame Seeds

Sesame seeds are not new on the dinner tables around the world. In fact, it's speculated that sesame seeds were first enjoyed a whopping 5500 years ago in India!



4 Japanese Noodle Fritters

Crispy on the outside, soft on the inside! We know the whole family will love these tasty fritters.

 30 minutes

 4 servings

 Pork

31 August 2020

In a hurry?

Instead of cooking the bacon after the fritters, cook it at the same time on a second frypan.

FROM YOUR BOX

VERMICELLI RICE NOODLES	1 packet (200g)
EGGS	5
SPRING ONIONS	1/2 bunch *
CORN COB	1
COLESLAW	1/2 bag (200g) *
BACON	1 packet
AVOCADO	1
CONTINENTAL CUCUMBER	1/2 *
SESAME SEEDS	1 packet (20g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

sesame oil, pepper, 1/2 cup self-raising flour (see notes), soy sauce, red wine vinegar, sweet chilli sauce

KEY UTENSILS

saucepan, large frypan, scissors

NOTES

If you don't have self-raising flour, use plain flour and add 1/2 tsp baking powder. For a good GF option, you can use rice, chickpea, quinoa, or sorghum flour. Or, simply swap for a GF all-purpose flour mix.

Slice and fry the bacon and add into the fritter mixture if preferred.

No pork option – bacon is replaced with sliced turkey. Cook in pan for 2–3 minutes to heat, or serve as-is.



1. COOK THE NOODLES

Bring a saucepan of water to the boil and cook noodles for 2 minutes or until just tender. Drain and rinse in cold water. Cut into short lengths using scissors.



2. MAKE THE SAUCE

In the meantime, whisk together **2 tbsp sesame oil, 2 tbsp soy sauce, 2 tbsp vinegar and 3 tbsp sweet chilli sauce.**



3. MAKE THE BATTER

Whisk together eggs, **1/2 cup flour, 2 tbsp soy sauce and pepper.** Slice spring onions and remove corn kernels from cob, add to batter along with coleslaw and noodles (see notes).



4. COOK THE FRITTERS

Heat a frypan with **sesame oil** over medium heat. Add 1/2 cup of batter for each fritter to pan and cook, in batches, for 2–3 minutes on each side or until golden and cooked through. Keep frypan over heat.



5. PREPARE THE SIDES

Add bacon to frypan and cook until crispy. Slice avocado and cucumber. Arrange on a serving plate and sprinkle over sesame seeds and 1 tbsp of the sauce.



6. FINISH AND PLATE

Serve fritters and bacon with avocado-cucumber side and sauce.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

