




### Product Spotlight: Cherry Tomatoes


Did you know tomatoes are classified as an everyday super fruit? Naturally high in lycopene, they may help protect your DNA from damage, which in turn, helps prevent various cancers.



## 3 Zucchini & Capsicum Fritters with Bacon Succotash

Zucchini and capsicum fritters served with a succotash of bacon, corn and butter beans.

 30 minutes

 4 servings

 Pork

12 November 2021

## Make it fresh!

*Instead of cooking your ingredients to make a succotash, keep all the ingredients fresh to make a corn salsa. Cook the bacon to your liking and serve with fritters and salsa.*

Per serve: **PROTEIN** 21g **TOTAL FAT** 13g **CARBOHYDRATES** 62g

## FROM YOUR BOX

ZUCCHINIS	2
BACON	1 packet (180g)
SPRING ONIONS	1/3 bunch *
CORN COBS	2
CHERRY TOMATOES	1/2 bag (200g) *
TINNED BUTTER BEANS	400g
GREEN CAPSICUM	1
CHICKPEA FLOUR	1 packet (120g)

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper, fennel seeds, white wine vinegar

## KEY UTENSILS

2 frypans

## NOTES

Serve with aioli, mayonnaise or chutney if desired.

**No pork option - bacon is replaced with precooked chicken breast.** This requires no cooking, but add to pan at step 2 for last 3 minutes to warm through.



### 1. PREPARE THE FRITTERS

Grate zucchinis and add to a bowl with **salt**. Let sit for a few minutes then squeeze out excess liquid.



### 2. PREPARE THE SUCCOTASH

Heat a large frypan over medium-high heat. Chop bacon and slice spring onions (reserve green tops for garnish), add to pan as you go. Remove corn kernels from cobs and halve cherry tomatoes. Add to pan along with butter beans (including liquid). Cook for 10-12 minutes, until vegetables are tender.



### 3. COOK THE FRITTERS

Finely dice capsicum. Add to bowl with zucchini along with chickpea flour, **2 tsp fennel seeds and pepper**. Heat a second frypan over medium-high heat with **oil**. Cook 1/4 cupfuls of batter for 3-5 minutes each side or until crispy. Remove to plates to serve.



### 4. DRESS THE SUCCOTASH

Stir **1 tbsp vinegar** into succotash. Season with **salt and pepper**.



### 5. FINISH AND SERVE

Divide succotash among plates. Serve with fritters, and garnish with reserved spring onion green tops (see notes).

**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](mailto:hello@dinnertwist.com.au)

