




### Product Spotlight: Corn


Corn is a special food, falling into not just one food category but two. The kernels are classified as a vegetable, but if you dry and pop them into popcorn they are considered a grain!



## 3 Corn Fritters with Crispy Bacon

Fluffy corn fritters made from chickpea flour, with zucchini and a hint of cajun spice. Served with crispy bacon and fresh salad.

 35 minutes

 4 servings

 Pork

19 October 2020

### Spice it up!

*If you have any feta cheese left over you can crumble some into the mixture! Try adding chopped fresh herbs such as basil or oregano to the mixture.*

Per serve: **PROTEIN** 19g **TOTAL FAT** 15g **CARBOHYDRATES** 42g

## FROM YOUR BOX

CHICKPEA FLOUR	1 packet (200g)
NATURAL YOGHURT	1 1/4 cups *
ZUCCHINI	1
CORN COBS	2
SPRING ONIONS	1/4 bunch *
CARROT	1
MIXED SALAD LEAVES	1 bag
ALFALFA SPROUTS	1/2 punnet *
BACON	1 packet (200g)

\*Ingredient also used in another recipe

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, cajun spice (or ground cumin)

## KEY UTENSILS

frypan

## NOTES

The mixture will appear a little dry at first but will come together when the veggies are added.

As the fritter mix sits to the side, the salt will draw moisture from the zucchini. This will help bind the ingredients. Stir the mixture again before cooking.

**No pork option – bacon is replaced with turkey.** Roughly tear and serve on the side of fritters. Heat in frypan if preferred.



### 1. PREPARE THE FRITTER MIX

Combine chickpea flour with 1/2 cup yoghurt and **1 tsp cajun spice**. Mix well (see notes).



### 2. ADD THE VEGETABLES

Grate zucchini and stir through mixture (don't squeeze out water). Remove corn from cobs. Slice spring onions (reserve tops). Stir through fritter mix and season with **salt and pepper**. Set aside (see notes).



### 3. PREPARE THE SALAD

Ribbon carrot using a vegetable peeler. Toss with mixed salad leaves, alfalfa sprouts, **olive oil, salt and pepper**.



### 4. COOK THE BACON

Heat a frypan over medium-high heat. Add bacon and cook for 5 minutes until crispy. Remove to a plate and reduce pan heat to medium.



### 5. COOK THE FRITTERS

Add **oil** to pan. Add 1/4 cup batter per fritter to pan. Cook in batches for 5 minutes each side or until golden and cooked through.



### 6. FINISH AND PLATE

Stir reserved spring onion tops through remaining 3/4 cup yoghurt. Divide fritters, bacon and salad among plates. Serve with yoghurt 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**

