















# Carb Smart Bacon and Veggie Fritters

with Apple and Goat Cheese Salad

Carb Smart

30 Minutes



-  Bacon Strips
-  Carrot
-  Zucchini
-  Garlic, cloves
-  All-Purpose Flour
-  Spring Mix
-  Gala Apple
-  Salad Topping Mix
-  Goat Cheese
-  White Wine Vinegar
-  Sour Cream
-  Chives



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HELLO SALAD TOPPING MIX

A combo of soy beans, pumpkin seeds, sunflower seeds and dried cranberries!

## Start here

- Before starting, preheat oven to 450°F.
- Wash and dry all produce.

## Bust out

Baking sheet, vegetable peeler, colander, measuring spoons, slotted spoon, box grater, 2 large bowls, small bowl, whisk, large non-stick pan, paper towels

## Ingredients

	2 Person	4 Person
Bacon Strips	100 g	200 g
Carrot	170 g	340 g
Zucchini	200 g	400 g
Garlic, cloves	1	2
All-Purpose Flour	4 tbsp	8 tbsp
Spring Mix	113 g	227 g
Gala Apple	1	2
Salad Topping Mix	28 g	56 g
Goat Cheese	28 g	56 g
White Wine Vinegar	1 tbsp	2 tbsp
Sour Cream	3 tbsp	6 tbsp
Chives	7 g	14 g
Milk*	1 tsp	2 tsp
Egg*	1	2
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 71°C/160°F, as size may vary.

## Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

## Contact

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## Start fritter prep

- Peel **carrot**.
- Coarsely grate **carrot** and **zucchini** into a colander. Season with  $\frac{1}{2}$  **tsp salt** (dbl for 4 ppl), then toss to combine. (**TIP:** Salting veggies draws out moisture and helps prevent soggy fritters!)
- Set colander aside in the sink to catch juices, 6-8 min.



## Start fritters

- Squeeze **fistfuls of grated veggies** at a time to remove excess water. (**TIP:** Removing as much liquid as you can will help prevent soggy fritters!)
- Transfer **veggies** to the bowl with **egg mixture**. Add **flour** and **bacon**, then stir to combine.
- Reheat the pan with **reserved bacon fat** over medium-high. (**NOTE:** For 4 ppl, cook in 2 batches, using half the bacon fat per batch.)
- While the pan heats, form **fritter mixture** into **four 4-inch-wide patties** (8 patties for 4 ppl).



## Cook bacon

- Meanwhile, cut **bacon** crosswise into  $\frac{1}{4}$ -inch strips.
- Add **bacon** to a dry, large non-stick pan. Cook over medium-high heat, stirring occasionally, until **bacon** starts to crisp, 5-7 min. **\*\***
- Remove the pan from heat. Using a slotted spoon, transfer **bacon** to a paper towel-lined plate. Set aside.
- Reserve **bacon fat** in the pan.



## Finish fritters

- When the pan is hot, add **fritter patties**. Cook until golden-brown, 2-3 min per side.
- Transfer **fritters** to an unlined baking sheet.
- Bake in the **middle** of the oven until cooked through, 8-10 min. (**TIP:** Cut into a fritter to check for doneness.)



## Make sauce and finish fritter prep

- Meanwhile, thinly slice **chives**.
- Peel, then mince or grate **garlic**.
- Add **sour cream**, **half the chives** and **1 tsp milk** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, to taste, then stir to combine.
- Add **garlic**, **remaining chives**, **1 egg**,  $\frac{1}{4}$  **tsp salt** and  $\frac{1}{4}$  **tsp pepper** (dbl all for 4 ppl) to a large bowl, then whisk to combine.



## Finish and serve

- Meanwhile, add **vinegar** and **1 ½ tsp oil** (dbl for 4 ppl) to another large bowl. Season with **salt** and **pepper**, to taste, then whisk to combine. (**TIP:** Add  $\frac{1}{2}$  tsp sugar [dbl for 4 ppl], if desired.)
- Core, then thinly slice **apple**.
- Add **spring mix** and **apples** to the large bowl with **vinaigrette**, then toss to combine.
- Divide **salad** and **fritters** between plates.
- Crumble **goat cheese** and sprinkle **salad topping mix** over **salad**.
- Spoon **chive-sour cream sauce** over **fritters**.

## Dinner Solved!