

BAKED BEAN FRITTERS



 Serves 4

 Prep Time 15 minutes

 Cook Time 10 minutes



INGREDIENTS

- ½ onion, peeled and chopped
- 2 rashers bacon, diced
- 420 g can **Wattie's Baked Beans**
- 2 Tbsp freshly chopped parsley
- ¾ cup cold mashed potato or kumara
- ½ cup self-raising flour
- 2 eggs, separated

METHOD

1. Heat a dash of oil in a non-stick frying pan, gently fry onion and bacon until tender but not brown.
2. In a bowl, combine **Wattie's Baked Beans**, cooked onion and bacon, parsley, mashed potatoes, self raising flour and egg yolks. Mix well and season with salt and pepper.

3. In a clean bowl beat the egg whites until stiff. Fold egg whites carefully into the bean mixture with a large metal spoon.
4. Heat a little oil in the frying pan and cook large spoonfuls over a low to moderate heat for about 3 minutes each side. Keep warm in the oven until the remaining mixture is cooked.
5. Serve fritters with slices of fresh tomato, rocket and crispy rashers of bacon.

TIPS

You can substitute Wattie's Baked Beans with **Wattie's Baked Beans 50% Less Added Sugar***, if preferred.

* Contains 50% less added sugar and 30% less salt than the regular Wattie's Baked Beans in tomato sauce 420g.