

CRISPY BACON & MUSHROOM FRITTERS



LifeShape Clinic

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INGREDIENTS

180g shortcut bacon, diced
250g button mushrooms, sliced
2 cloves garlic, crushed
4 cups cold cooked brown rice
1/3 cup chopped flat-leaf parsley
4 spring onions, thinly sliced
5 eggs, lightly beaten
2 tablespoons wholemeal flour
1 cup low fat Greek yoghurt

METHOD

1. In a non-stick frying pan over high heat, cook bacon, stirring for 4 minutes. Add mushrooms and garlic. Cook for 3–4 minutes, until mushrooms are golden. Remove from heat and set aside to cool.
2. In a large bowl, combine bacon mixture, rice, parsley, onions, eggs and flour. Season to taste.
3. In a non-stick frying pan over medium heat, spoon 1/4 cup of mixture per fritter and cook for 3 minutes each side, until golden. Continue with remaining batter until complete. Serve fritters with yoghurt.

Nutrition Guide

PER SERVE

Energy (cal)	336cal
Protein	21.8g
Fat	8.4g
Saturated Fat	3.1g
Carbohydrate	45.3g
Sugar	3.3g
Sodium	334mg
Fibre	4.3g

RECIPE VARIATION

1200

Breakfast Requirement: 270-300 cal
Meets Requirements: No
Recommendations: Reduce bacon to 120g and remove yoghurt
Total Meal Calories: 296 cal

1500

Breakfast requirement: 320-350 cal
Meets requirements: Yes
Total meal calories: 336 cal

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SERVES

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