



# Golden Corn & Carrot Fritters

with Roasted Potatoes & Herby Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Sweetcorn



Carrot



Spring Onion



Cucumber



Pumpkin Seeds (Pepitas)



Vegetable Stock Powder



Garlic & Herb Seasoning



Smoked Cheddar Cheese



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Diced Bacon

Prep in: 30-40 mins  
Ready in: 35-45 mins

There's no better way to get your veggies than by adding them to cheesy golden fritters, gently pan-fried for a gorgeous finish. With an extra dose of goodness from the robust side salad and a drizzle of delicious herby mayo, this is a colourful garden medley that you'll love!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plain Flour, Milk, Egg, Honey, Vinegar (White Wine or Balsamic)

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

|  | 2 People        | 4 People         |
|--|-----------------|------------------|
| <b>olive oil*</b>                        | refer to method | refer to method  |
| potato                                   | 2               | 4                |
| sweetcorn                                | 1 tin           | 1 tin            |
| carrot                                   | 1               | 2                |
| spring onion                             | 2 stems         | 4 stems          |
| cucumber                                 | 1 (medium)      | 1 (large)        |
| pumpkin seeds (pepitas)                  | 1 packet        | 1 packet         |
| vegetable stock powder                   | 1 medium sachet | 1 large sachet   |
| garlic & herb seasoning                  | 1 sachet        | 1 sachet         |
| smoked Cheddar cheese                    | 1 packet (50g)  | 2 packets (100g) |
| <b>plain flour*</b>                      | ½ cup           | 1 cup            |
| <b>milk*</b>                             | 2 tbs           | ¼ cup            |
| <b>egg*</b>                              | 1               | 2                |
| mixed salad leaves                       | 1 medium bag    | 1 large bag      |
| <b>honey*</b>                            | ½ tsp           | 1 tsp            |
| <b>vinegar* (white wine or balsamic)</b> | drizzle         | drizzle          |
| dill & parsley mayonnaise                | 1 packet (40g)  | 1 packet (80g)   |
| diced bacon**                            | 1 packet        | 1 packet         |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3588kJ (858Cal) | 561kJ (134Cal) |
| Protein (g)      | 29.9g           | 4.7g           |
| Fat, total (g)   | 38.6g           | 6g             |
| - saturated (g)  | 10.1g           | 1.6g           |
| Carbohydrate (g) | 97.1g           | 15.2g          |
| - sugars (g)     | 21.7g           | 3.4g           |
| Sodium (mg)      | 1431mg          | 224mg          |

### Custom Recipe

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 4173kJ (997Cal) | 605kJ (145Cal) |
| Protein (g)      | 37.9g           | 5.5g           |
| Fat, total (g)   | 50.7g           | 7.4g           |
| - saturated (g)  | 14.6g           | 2.1g           |
| Carbohydrate (g) | 97.2g           | 14.1g          |
| - sugars (g)     | 21.7g           | 3.1g           |
| Sodium (mg)      | 1830mg          | 265mg          |

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray and drizzle with **olive oil**. Season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

4



## Cook the fritters

- Return the frying pan to medium-high heat with enough **olive oil** to coat the base of the pan. When oil is hot, add heaped tablespoons of **fritter mixture** in batches and flatten with a spatula.
- Cook until golden, **3-4 minutes** each side. Transfer to a paper towel-lined plate.

**TIP:** Allow the fritters time to set before turning.

**TIP:** Add extra olive oil between batches as needed.

2



## Get prepped

- Meanwhile, drain **sweetcorn**. Grate the **carrot**. Thinly slice **spring onion** and **cucumber**.
- Heat a large frying pan over medium-high heat. Toast **pumpkin seeds**, tossing, until browned, **3-4 minutes**. Transfer to a plate.

**Custom Recipe:** If you've added diced bacon to your meal, return the frying pan to medium-high heat. Cook bacon, breaking up with a spoon, until browned, 3-4 minutes. Remove from heat.

5



## Make the salad

- In a second medium bowl, combine **mixed salad leaves**, **cucumber**, toasted **pumpkin seeds**, the **honey** and a drizzle of **vinegar** and **olive oil**. Season to taste.

3



## Make the fritter mixture

- In a medium bowl, combine **sweetcorn**, **carrot**, **spring onion**, **vegetable stock powder**, **garlic & herb seasoning**, **smoked Cheddar cheese**, the **plain flour**, **milk**, **egg** and a pinch of **pepper**. Mix well to combine.

**TIP:** Lift out some of the mixture with a spoon, if it's too wet and doesn't hold its shape, add a little more flour!

**Custom Recipe:** Add the cooked bacon to the fritter mixture.

6



## Serve up

- Divide corn and carrot fritters, roasted potatoes and mixed salad between plates.
- Serve with **dill & parsley mayonnaise**. Enjoy!

## Rate your recipe

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