



# Haloumi, Veggie & Sweet Chilli Fritters

with Roast Potato Salad

MEAT-FREE MARVELS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Coriander



Carrot



Haloumi/  
Grill Cheese



Sweetcorn



Vegetable Stock  
Powder



Garlic Paste



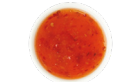
Garlic & Herb  
Seasoning



Cucumber



Mixed Salad  
Leaves



Sweet Chilli  
Sauce



Haloumi/  
Grill Cheese

Prep in: 20-30 mins  
Ready in: 35-45 mins



Calorie Smart\*

\*Custom Recipe is not Calorie Smart

Welcome to your new number one meat-free dinner; it's part of our wonderful meat-free marvels range. Fritters are a great go-to because you can pack them up with whatever goodies you like, these ones have corn and carrot with pops of garlic, drizzled in a sweet chilli sauce for your pleasure.

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

### Pantry items

Olive Oil, Milk, Plain flour, Egg, 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	1	2
coriander	1 bag	1 bag
carrot	1	2
haloumi/ grill cheese	1 packet	2 packets
sweetcorn	1 tin	1 tin
<b>milk*</b>	2 tbs	¼ cup
vegetable stock powder	1 medium sachet	1 large sachet
garlic paste	1 medium packet	1 large packet
<b>plain flour*</b>	½ cup	1 cup
<b>egg*</b>	1	2
<b>salt*</b>	¼ tsp	½ tsp
garlic & herb seasoning	1 medium sachet	1 large sachet
cucumber	1 (medium)	1 (large)
<b>vinegar* (white wine or balsamic)</b>	1 tsp	2 tsp
mixed salad leaves	1 small bag	1 medium bag
sweet chilli sauce	1 medium packet	1 large packet
haloumi/ grill cheese**	1 packet	2 packets

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2709kJ (647Cal)	533kJ (127Cal)
Protein (g)	34.6g	6.8g
Fat, total (g)	29.5g	5.8g
- saturated (g)	17.9g	3.5g
Carbohydrate (g)	60.1g	11.8g
- sugars (g)	22.3g	4.4g
Sodium (mg)	2631mg	518mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4038kJ (965Cal)	664kJ (159Cal)
Protein (g)	56.6g	9.3g
Fat, total (g)	54.5g	9g
- saturated (g)	34.5g	5.7g
Carbohydrate (g)	61.8g	10.2g
- sugars (g)	23.6g	3.9g
Sodium (mg)	3631mg	597mg

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://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 potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks, then place on a lined oven tray. 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

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, add heaped tablespoons of **fritter mixture** in batches and flatten with a spatula (3-4 per person).
- Cook **fritters** until golden, **3-4 minutes** each side (don't flip too early!). Transfer to a paper towel-lined plate.

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

**TIP:** Allow the fritters to set before you flip them.

2



## Get prepped

- Meanwhile, roughly chop **coriander**. Grate **carrot** and **haloumi**. Drain the **sweetcorn**.

**Custom Recipe:** If you've ordered double the haloumi, prep in the same way as above.

5



## Make the salad

- While the fritters are cooking, thinly slice **cucumber** into half-moons.
- In a medium bowl, combine the **vinegar** and a drizzle of **olive oil**.
- Add **mixed salad leaves**, **cucumber** and **roasted potatoes** and toss to coat.

3



## Make the fritter mixture

- In a medium bowl, combine **carrot**, **sweetcorn**, **haloumi**, the **milk**, **vegetable stock powder**, **garlic paste**, the **plain flour**, **egg**, **salt**, **coriander** and **garlic & herb seasoning**. Season with **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:** Use a large bowl to combine the ingredients.

6



## Serve up

- Divide haloumi and veggie fritters and roast potato salad between plates.
- Drizzle **sweet chilli sauce** over each fritter to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)