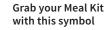


Sweet Chilli Haloumi & Veggie Fritters

with Roast Potato Salad

CLIMATE SUPERSTAR















Carrot









Sweetcorn

Vegetable Stock





Tomato

Seasoning

Mixed Salad Leaves

Sweet Chilli Sauce



Pantry items

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

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

Calorie Smart* *Custom Recipe is not Calorie Smart These juicy sweet-and-salty fritters are the perfect marriage of flavours and easy cooking techniques. Each fritter is

packed with veggies and is stacked with tasty haloumi and sweet chilli sauce to add plenty of tasty goodness!

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 \cdot Large frying pan

Ingredients

ingi calcino			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	2	4	
coriander	1 bag	1 bag	
carrot	1	2	
haloumi/ grill cheese	1 packet	2 packets	
sweetcorn	1 tin	1 tin	
milk*	2 tbs	⅓ cup	
vegetable stock powder	1 medium sachet	1 large sachet	
plain flour*	½ cup	1 cup	
egg*	1	2	
garlic & herb seasoning	1 medium sachet	1 large sachet	
tomato	1	2	
vinegar* (white wine or balsamic)	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		

Per 100g Per Serving 664kJ (159Cal) Energy (kJ) 4038kJ (965Cal) Protein (g) 56.6g 9.3g Fat, total (g) 54.5g 34.5g 5.7g - saturated (g) Carbohydrate (g) 61.8g 10.2g 23.6g - sugars (g) 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





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.



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.



Make the fritter mixture

 In a medium bowl, combine carrot, sweetcorn, haloumi, the milk, vegetable stock powder, the plain flour, egg, 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.



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.



Make the salad

- While the fritters are cooking, cut tomato into small chunks.
- In a medium bowl, combine the vinegar and a drizzle of olive oil.
- Add mixed salad leaves, tomato and roasted potatoes and toss to coat.



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

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