



Sweet Chilli Haloumi & Veggie Fritters

with Roast Potato Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Coriander



Carrot



Haloumi/
Grill Cheese



Sweetcorn



Vegetable Stock
Powder



Garlic & Herb
Seasoning



Tomato



Mixed Salad
Leaves



Sweet Chilli
Sauce



Haloumi/
Grill Cheese

Recipe Update

We've replaced the cucumber in this recipe with tomato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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!

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
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	¼ 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

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 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

2023 | CW50



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, 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.

3



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.

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

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