



# Cheesy Mumbai Corn Fritter Burger

with Wedges, Salad & Herb Yoghurt

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Sweetcorn



Carrot



Onion



Mumbai Spice Blend



Vegetable Stock Powder



Shredded Cheddar Cheese



Burger Buns



Cucumber



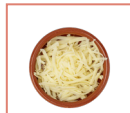
Herbs



Greek-Style Yoghurt



Kale



Shredded Cheddar Cheese

### Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. It'll be just as delicious, just follow your recipe card!

Prep in: 25-35 mins  
Ready in: 30-40 mins



Calorie Smart\*

\*Custom Recipe is not Calorie Smart

A good fritter burger is one packed full of goodies that we know you're going to love, like sweetcorn and Cheddar cheese. In combination with a punchy herb yoghurt, this fritter burger is ready to become your new number one dinner time must!

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

### Pantry items

Olive Oil, Egg, Plain Flour, Milk, White Wine Vinegar



## 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
onion	½	1
<b>egg*</b>	1	2
Mumbai spice blend	1 sachet	2 sachets
vegetable stock powder	1 medium sachet	1 large sachet
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
<b>plain flour*</b>	½ cup	1 cup
<b>milk*</b>	2 tbs	¼ cup
burger buns	2	4
cucumber	1 (medium)	1 (large)
herbs	½ bag	1 bag
Greek-style yoghurt	1 medium packet	1 large packet
kale	1 small bag	1 medium bag
<b>white wine vinegar*</b>	drizzle	drizzle
shredded Cheddar cheese**	1 packet (40g)	1 packet (80g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2719kJ (650Cal)	388kJ (93Cal)
Protein (g)	25.3g	3.6g
Fat, total (g)	17.4g	2.5g
- saturated (g)	9g	1.3g
Carbohydrate (g)	102g	14.5g
- sugars (g)	32.9g	4.7g
Sodium (mg)	1249mg	178mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3077kJ (735Cal)	426kJ (102Cal)
Protein (g)	30g	4.2g
Fat, total (g)	24.9g	3.5g
- saturated (g)	13.5g	1.9g
Carbohydrate (g)	102g	14.1g
- sugars (g)	32.9g	4.6g
Sodium (mg)	1387mg	192mg

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



2024 | CW02

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## Bake the wedges

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into wedges.
- Place on a lined oven tray. Drizzle with **olive oil** and season with a generous pinch of **salt**. Toss to coat.
- Spread out evenly, then bake 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. Repeat with remaining **fritter mixture**.

**TIP:** Add extra oil if needed to ensure the fritters don't stick to the pan.

2



## Get prepped

- Meanwhile, drain **sweetcorn**. Grate **carrot**, then squeeze out any excess moisture using a paper towel or clean cloth. Thinly slice **onion** (see **ingredients**).

5



## Bring it all together

- While the fritters are cooking, halve **burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.
- Using a vegetable peeler, slice **cucumber** into ribbons. Pick and thinly slice **herb** leaves.
- In a small bowl, combine **herbs** and **Greek-style yoghurt**. Season to taste and set aside.
- In a second medium bowl, combine **cucumber**, **kale** and a drizzle of **white wine vinegar** and **olive oil**. Season to taste.

3



## Make the fritter mixture

- In a medium bowl, combine the **egg**, **sweetcorn**, **carrot**, **onion**, **Mumbai spice blend**, **vegetable stock powder**, **shredded Cheddar cheese**, the **plain flour**, **milk** and a pinch of **salt** and **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:** If you've doubled your shredded Cheddar cheese, use half the Cheddar cheese for the fritters.

6



## Serve up

- Spread tops of burger buns with herb yoghurt.
- Top burger bases with cucumber salad and cheesy Mumbai corn fritters.
- Serve with potato wedges. Enjoy!

**Custom Recipe:** Sprinkle the remaining shredded Cheddar cheese over the fritters.

## Rate your recipe

Did we make your tastebuds happy?

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