



Homemade Haloumi & Courgette Fritters

with Potato Wedges & Avocado Salad

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Avocado



Parsley



Haloumi/Grill Cheese



Courgette



Aussie Spice Blend



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Grated Parmesan Cheese

Prep in: 20-30 mins
Ready in: 30-40 mins

Have fun in the kitchen, crafting delicious haloumi and veggie fritters. Roll up your sleeves and enjoy how easily this dinner comes together. A side of wedges, herby mayo for dipping and a fresh avocado salad is all you need to complete this simple yet deliciously fun meal.

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
avocado	1 (small)	1 (large)
parsley	½ bag	1 bag
haloumi/grill cheese	1 packet	2 packets
courgette	1	2
milk*	2 tbs	¼ cup
plain flour*	½ cup	1 cup
Aussie spice blend	1 medium sachet	1 large sachet
egg*	1	2
mixed salad leaves	1 small bag	1 medium bag
vinegar* (white wine or balsamic)	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
grated Parmesan cheese**	1 medium packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3095kJ (740Cal)	604kJ (144Cal)
Protein (g)	29.5g	5.8g
Fat, total (g)	52.4g	10.2g
- saturated (g)	19.9g	3.9g
Carbohydrate (g)	38.1g	7.4g
- sugars (g)	20.1g	3.9g
Sodium (mg)	1632mg	318mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3300kJ (789Cal)	628kJ (150Cal)
Protein (g)	33.8g	6.4g
Fat, total (g)	55.8g	10.6g
- saturated (g)	22.2g	4.2g
Carbohydrate (g)	38.1g	7.3g
- sugars (g)	20.1g	3.8g
Sodium (mg)	1724mg	328mg

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

2024 | CW06



1



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**, season with **salt** and toss to coat.
- Spread out evenly, then bake until tender, **20-25 minutes**.

Custom Recipe: If you have added grated Parmesan cheese, in the last 5 minutes of cook time, remove from oven and sprinkle wedges with the Parmesan cheese bake until melted.

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 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.

2



Get prepped

- Meanwhile, slice **avocado** in half, scoop out flesh and roughly chop. Finely chop **parsley** (see ingredients).
- Grate **haloumi** and **courgette**. Squeeze any excess moisture out of the **courgette** using a paper towel.

TIP: Squeezing out the excess moisture from the courgette ensures your fritter batter is the right consistency.

5



Toss the salad

- In a second medium bowl, combine **mixed salad leaves**, **avocado** and a drizzle of **vinegar** and **olive oil**. Season to taste.

3



Make the fritters

- In a medium bowl, combine **haloumi**, **courgette**, **parsley**, the **milk**, **plain flour**, **Aussie spice blend**, the **egg** and a pinch of **salt** and **pepper**.

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!

6



Serve up

- Divide haloumi and courgette fritters, potato wedges and avocado salad between plates.
- Serve with **dill & parsley mayonnaise**. Enjoy!

Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: hellofresh.co.nz/rate