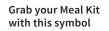


Homemade Haloumi & Courgette Fritters

with Potato Wedges & Avocado Salad

NEW

CLIMATE SUPERSTAR

















Aussie Spice

Haloumi/Grill

Courgette



Mixed Salad



Mayonnaise

Leaves



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.

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

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	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	⅓ 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

Per Serving	Per 100g
3095kJ (740Cal)	604kJ (144Cal)
29.5g	5.8g
52.4g	10.2g
19.9g	3.9g
38.1g	7.4g
20.1g	3.9g
1632mg	318mg
	3095kJ (740Cal) 29.5g 52.4g 19.9g 38.1g 20.1g

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	328ma

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



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.



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.



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!



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.



Toss the salad

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



Serve up

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



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