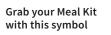


Sweet Chilli Haloumi & Veggie Fritters

with Roast Potatoes & Pear Salad

KIWI FLAVOURS

CLIMATE SUPERSTAR











Potato



Coriander

Haloumi/Grill Cheese









Garlic & Herb

Seasoning

Mixed Salad Leaves

Sweetcorn





Sweet Chilli Sauce

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

Welcome to your new number one meat-free dinner, it's top of the charts for a reason. Fritters are a great go-to because you can pack them with whatever goodies you like! These ones have corn and carrot with pops of garlic, drizzled in a sweet chilli sauce for your pleasure.

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		
refer to method	refer to method		
2	4		
1 packet	1 packet		
1 packet	2 packets		
1	2		
1 medium tin	1 large tin		
1 medium sachet	1 large sachet		
2 tbs	1/4 cup		
½ cup	1 cup		
1	2		
1/4 tsp	½ tsp		
1/2	1		
1 tsp	2 tsp		
1 small packet	1 medium packet		
1 medium packet	1 large packet		
1 medium packet	1 large packet		
	refer to method 2 1 packet 1 packet 1 1 medium tin 1 medium sachet 2 tbs ½ cup 1 ¼ tsp ½ 1 tsp 1 small packet 1 medium packet		

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2751kJ (658Cal)	582kJ (139Cal)
Protein (g)	33.8g	7.1g
Fat, total (g)	29.3g	6.2g
- saturated (g)	17.9g	3.8g
Carbohydrate (g)	64.3g	13.6g
- sugars (g)	29.4g	6.2g
Sodium (mg)	2021mg	427mg
Dietary Fibre (g)	8.3g	1.8g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2955kJ (706Cal)	608kJ (145Cal)
Protein (g)	38.1g	7.8g
Fat, total (g)	32.7g	6.7g
- saturated (g)	20.1g	4.1g
Carbohydrate (g)	64.4g	13.3g
- sugars (g)	29.5g	6.1g
Sodium (mg)	2113mg	435mg
Dietary fibre	8.3g	1.7g

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.

Custom Recipe: If you've added grated Parmesan cheese, in the last 5 minutes of cook time, remove potatoes from oven, sprinkle with Parmesan and bake until golden and crispy.



Get prepped

 Meanwhile, roughly chop coriander. Grate haloumi and carrot. Drain sweetcorn.



Make the fritter mixture

 In a medium bowl, combine carrot, sweetcorn, haloumi, coriander, garlic & herb seasoning, the milk, plain flour, egg and the salt. 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!



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, thinly slice pear (see ingredients) into wedges.
- In a second medium bowl, combine the vinegar and a drizzle of olive oil.
- Add mixed salad leaves and pear and toss to coat.



Serve up

- Divide haloumi and veggie fritters, roast potatoes and pear salad between plates.
- Drizzle sweet chilli sauce over each fritter to serve. Enjoy!

