



Sweet Chilli Haloumi & Veggie Fritters

with Roast Potatoes & Pear Salad

KIWI FLAVOURS

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Coriander



Haloumi/Grill Cheese



Carrot



Sweetcorn



Garlic & Herb Seasoning



Pear



Mixed Salad Leaves



Sweet Chilli Sauce



Grated Parmesan Cheese

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.

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 packet	1 packet
haloumi/grill cheese	1 packet	2 packets
carrot	1	2
sweetcorn	1 medium tin	1 large tin
garlic & herb seasoning	1 medium sachet	1 large sachet
milk*	2 tbs	¼ cup
plain flour*	½ cup	1 cup
egg*	1	2
salt*	¼ tsp	½ tsp
pear	½	1
vinegar* (white wine or balsamic)	1 tsp	2 tsp
mixed salad leaves	1 small packet	1 medium packet
sweet chilli sauce	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)	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.



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.



Get prepped

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



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.



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!



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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