

Haloumi & Veggie Fritters

with Roast Potatoes & Pear Salad

Grab your meal kit with this number

25



Potato



Coriander



Haloumi/Grill Cheese



Carrot



Sweetcorn



Garlic & Herb Seasoning



Pear



Baby Leaves



Haloumi/Grill Cheese



Grated Parmesan Cheese

Recipe Update

We've replaced the mixed salad leaves in this recipe with baby leaves due to local ingredient availability. It'll be just as delicious, just follow your recipe card!

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



Protein Rich



Calorie Smart

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, and they're paired with a sweet and fresh pear salad to finish things off with a bang.

Pantry items

Olive Oil, Milk, Plain Flour, Egg, Salt, Vinegar (White Wine or Balsamic)

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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
baby leaves	1 small packet	1 medium packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2557kJ (611cal)	309kJ (74cal)
Protein (g)	32.6g	3.9g
Fat, total (g)	28.8g	3.5g
- saturated (g)	17.5g	2.1g
Carbohydrate (g)	54.1g	6.5g
- sugars (g)	19.3g	2.3g
Sodium (mg)	1826mg	220.5mg
Dietary Fibre (g)	6.3g	0.8g

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**.



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 **baby 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**, the **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 to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



CUSTOM OPTIONS

+ DOUBLE HALOUMI
Follow method above.

+ ADD GRATED PARMESAN CHEESE
In the last 5 minutes of cook time, sprinkle over the roast potatoes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

