



Courgette-Halloumi Fritters & Avocado Salad

with Cucumber & Lemon

SUMMER SALADS

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

25



Cucumber



Avocado



Lemon



Parsley



Halloumi/Grill Cheese



Courgette



Aussie Spice Blend



Mixed Salad Leaves



Grated Parmesan Cheese



Shredded Cheddar Cheese

Prep in: 20-30 mins
Ready in: 25-35 mins

Carb Smart

Tonight's salad spectacular is a texture-filled feast of crunchy cucumber and creamy avocado. The star of the show is easy to spot - look no further than these crispy, crunchy, golden fritters, packed with halloumi and courgette, plus lemon and parsley for a hit of zesty goodness!

Pantry items

Olive Oil, Milk, Plain Flour, Egg

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1 (medium)	1 (large)
avocado	1 (small)	1 (large)
lemon	½	1
parsley	1 packet	1 packet
halloumi/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 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2285kJ (546cal)	251kJ (60cal)
Protein (g)	25.4g	2.8g
Fat, total (g)	44.4g	4.9g
- saturated (g)	18.8g	2.1g
Carbohydrate (g)	7.7g	0.8g
- sugars (g)	6.5g	0.7g
Sodium (mg)	1337mg	146.9mg
Dietary Fibre (g)	8.2g	0.9g

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](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Slice **cucumber** into half-moons. Slice **avocado** in half, scoop out flesh and roughly chop.
- Zest **lemon** to get a pinch and slice into wedges. Finely chop **parsley**.
- Grate **halloumi** 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.



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 (5-6 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.



Make the fritters

- In a medium bowl, combine **halloumi**, **courgette**, **lemon zest**, **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!



Serve up

- In a second medium bowl, combine **mixed salad leaves**, cucumber, avocado, a generous squeeze of lemon juice and a drizzle of olive oil. Season to taste.
- Divide salad between bowls.
- Top with courgette-haloumi fritters.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW46



CUSTOM OPTIONS

+ ADD GRATED PARMESAN CHEESE
Add to the fritter mixture.

+ ADD CHEDDAR CHEESE
Add to the fritter mixture.

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

