



# Asian Carrot & Corn Fritters

with Sesame Kumara Salad & Soy Aioli

Grab your Meal Kit with this symbol



Kumara



Mixed Sesame Seeds



Spring Onion



Carrot



Garlic



Pear



Coriander



Sweetcorn



Garlic Aioli



Thai Seven Spice Blend



Japanese Dressing



Mixed Salad Leaves

**Keep an eye out...**  
Due to recent sourcing challenges, we've replaced radish with pear, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: **25-35 mins**
- Ready in: **40-50 mins**
- Calorie Smart

Keep your eyes on your fritters when this meal hits the table because with the incredibly tasty combo of veggies, Thai spices and soy aioli they're ripe for the thieving!

### Pantry items

Olive Oil, Soy Sauce, Plain Flour, Egg, Milk

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## 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
kumara	2 (medium)	2 (large)
mixed sesame seeds	1 sachet	1 sachet
spring onion	2 stems	4 stems
carrot	1	2
garlic	1 clove	2 cloves
pear	½	1
coriander	1 bag	1 bag
sweetcorn	½ tin	1 tin
garlic aioli	1 packet (50g)	1 packet (100g)
soy sauce*	1 tsp	2 tsp
Thai seven spice blend	1 sachet	1 sachet
plain flour*	½ cup	1 cup
egg*	1	2
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
Japanese dressing	1 packet (30g)	2 packets (60g)
mixed salad leaves	1 bag (30g)	1 bag (60g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2598kJ (621Cal)	454kJ (109Cal)
Protein (g)	17.5g	3.1g
Fat, total (g)	23.4g	4.1g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	76.2g	13.3g
- sugars (g)	33.5g	5.8g
Sodium (mg)	1167mg	204mg

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://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 kumara

Preheat the oven to **220°C/200°C fan-forced**. Peel the **kumara** and cut into bite-sized chunks. Place the **kumara** and **mixed sesame seeds** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Add a dash of **water** to the tray and roast until tender, **20-25 minutes**.



## Cook the fritters

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, cook heaped tablespoons of the **fritter mixture**, in batches, and flatten with a spatula. Cook until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel.

**TIP:** Give the fritters time to set before flipping them, adding extra oil as needed.



## Get prepped

While the kumara is roasting, thinly slice the **spring onion**. Grate the **carrot**. Finely chop the **garlic**. Thinly slice the **pear** (see ingredients). Roughly chop the **coriander**. Drain the **sweetcorn** (see ingredients). In a small bowl, combine the **garlic aioli** and **soy sauce**. Set aside.



## Toss the salad

In a large bowl, combine the **Japanese dressing**, **mixed salad leaves**, **pear** and roasted **kumara**.



## Make the fritter mixture

Squeeze out excess moisture from the **carrot** using a paper towel or clean cloth, then add to a medium bowl. Add the **sweetcorn**, **Thai seven spice blend**, **coriander**, **spring onion**, **garlic**, **plain flour**, **egg**, **milk** and the **salt**. Season with **pepper** and stir well to combine.

**TIP:** Take out a spoonful of the mixture and see if it holds its shape. If it's too wet, add a little more flour!



## Serve up

Divide the Asian carrot and corn fritters between plates. Serve with the sesame kumara salad and soy aioli.

Enjoy!