

BBQ Veggie Fritters & Cheesy Fries

with Avocado Slaw & Garlic Aioli

Grab your Meal Kit with this symbol



Potato



Grated Parmesan Cheese



Carrot



Sweetcorn



Onion



Chives



Parsley



Barbecue Seasoning



Vegetable Stock Powder



Smoked Cheddar Cheese



Avocado



Shredded Cabbage Mix



Mustard Cider Dressing



Garlic Aioli



Grated Parmesan Cheese

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
Ready in: 30-40 mins

This plate of veggie-loaded fritters is so packed with bountiful flavour, you'll be hard-pressed on what to start eating first. Enjoy the crunch that comes from the slaw as well as the sharp Parmesan fries and the moreish garlic aioli for dipping them in.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, Plain Flour, 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
potato	2	4
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
carrot	1	2
sweetcorn	½ tin	1 tin
onion	½	1
chives	1 bag	1 bag
parsley	1 bag	1 bag
barbecue seasoning	1 sachet	2 sachets
vegetable stock powder	1 medium sachet	1 large sachet
smoked Cheddar cheese	1 packet (50g)	2 packets (100g)
egg*	1	2
plain flour*	½ cup	1 cup
milk*	2 tbs	¼ cup
avocado	1	2
shredded cabbage mix	1 bag (150g)	1 bag (300g)
mustard cider dressing	1 packet (40g)	2 packets (80g)
garlic aioli	1 packet (100g)	2 packets (200g)
grated Parmesan cheese**	1 packet (30g)	1 packet (60g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4124kJ (985Cal)	554kJ (132Cal)
Protein (g)	30.6g	4.1g
Fat, total (g)	58.9g	7.9g
- saturated (g)	15.3g	2.1g
Carbohydrate (g)	76.8g	10.3g
- sugars (g)	25.9g	3.5g
Sodium (mg)	2016mg	271mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4360kJ (1042Cal)	574kJ (137Cal)
Protein (g)	35.6g	4.7g
Fat, total (g)	62.9g	8.3g
- saturated (g)	17.9g	2.4g
Carbohydrate (g)	76.8g	10.1g
- sugars (g)	25.9g	3.4g
Sodium (mg)	2122mg	279mg

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.

If you have any questions or concerns, please visit

hellofresh.co.nz/contact

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Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries, then place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until just tender, **20-25 minutes**. In the last **5 minutes** of cook time, remove from the oven, then sprinkle with **grated Parmesan cheese** and bake until golden and crispy.

CUSTOM RECIPE

If you've added extra grated Parmesan cheese to your meal, sprinkle it over the fries.



Cook the fritters

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

TIP: Ensure the fritters are set before flipping, adding extra oil as needed.



Get prepped

While the fries are baking, grate the **carrot**. Drain the **sweetcorn** (see ingredients). Thinly slice the **onion** (see ingredients) and **chives**. Roughly chop the **parsley**.



Make the slaw

Slice the **avocado** in half, scoop out the flesh and roughly chop. In a second medium bowl, add the **shredded cabbage mix**, **avocado** and **mustard cider dressing**. Season to taste and toss to combine.



Make the fritter mixture

In a medium bowl, combine the **sweetcorn**, **carrot**, **onion**, **parsley**, **barbecue seasoning**, **vegetable stock powder**, **smoked Cheddar cheese**, the **egg**, **plain flour** and the **milk**. Mix well.

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 the BBQ veggie fritters, cheesy fries and avocado slaw between plates. Garnish with the chives and serve with the **garlic aioli**.

Enjoy!