



# Parmesan & Veggie Fritter Burger

with Smokey Aioli & Kumara Fries

Grab your Meal Kit with this symbol



Kumara



Carrot



Garlic



Herbs



Spring Onion



Tomato



Chilli Flakes (Optional)



All-American Spice Blend



Burger Buns



Smokey Aioli



Salad Leaves



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!

Prep in: 25-35 mins  
Ready in: 30-40 mins

Loaded with abundant carrot, Parmesan and herbs, and served stacked in a brioche-style bun, you've never had veggie fritters – or a veggie burger – quite like this before! With a smear of smokey aioli, plus our signature kumara fries, this dish is a real treat.

### Pantry items

Olive Oil, Egg, Plain Flour



## 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
<b>olive oil*</b>	refer to method	refer to method
kumara	2 (medium)	2 (large)
carrot	2	4
garlic	2 cloves	4 cloves
herbs	1 bag	1 bag
spring onion	1 stem	2 stems
tomato	1	2
<b>egg*</b>	1	2
grated Parmesan cheese	1 packet (30g)	1 packet (60g)
chilli flakes (optional)	pinch	pinch
<b>plain flour*</b>	½ cup	1 cup
All-American spice blend	1 packet	1 packet
<b>salt*</b>	¼ tsp	½ tsp
burger buns	2	4
smokey aioli	1 medium packet	1 large packet
salad leaves	1 small bag	1 medium bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3207kJ (766Cal)	465kJ (111Cal)
Protein (g)	24.5g	3.6g
Fat, total (g)	31.8g	4.6g
- saturated (g)	8.1g	1.2g
Carbohydrate (g)	94.8g	13.7g
- sugars (g)	28.8g	4.2g
Sodium (mg)	1810mg	262mg

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.



## Bake the kumara fries

- Preheat oven to **220°C/200°C fan-forced**.
- Peel **kumara** and cut into fries.
- Place **kumara** 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 bake 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 fritters per person).
- Cook until golden, **3-4 minutes** each side. Transfer to a paper towel-lined plate.

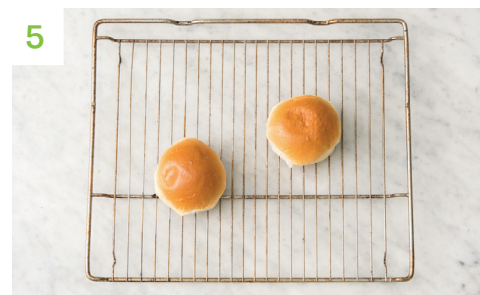
**TIP:** Allow the fritters to set before flipping.

**TIP:** Add extra olive oil between batches as needed.



## Get prepped

- Meanwhile, grate the **carrot** and squeeze out the excess moisture.
- Finely chop **garlic** and **herbs**. Thinly slice **spring onion** and **tomato**.



## Bake the burger buns

- Meanwhile, bake **burger buns** directly on a wire oven rack until heated through, **3 minutes**.



## Make the fritter mixture

- In a medium bowl, whisk the **egg**.
- Add **carrot**, **spring onion**, **garlic**, **herbs**, **grated Parmesan cheese**, a pinch of **chilli flakes** (if using), the **plain flour**, **All-American spice blend**, the **salt** and a pinch of **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

- Slice burger buns in half.
- Spread burger buns with a layer of **smokey aioli**. Top with fritters, a handful of **salad leaves** and some tomato.
- Serve with kumara fries. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



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