

# Corn & Carrot Fritters

with Cheddar, Roasted Potatoes & Herby Mayo

Grab your Meal Kit with this symbol



Potato



Sweetcorn



Carrot



Spring Onion



Tomato



Pumpkin Seeds (Pepitas)



Vegetable Stock Powder



Garlic & Herb Seasoning



Salad Leaves



Dill & Parsley Mayonnaise



Shredded Cheddar Cheese



Diced Bacon

### Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and 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: **30-40 mins**  
Ready in: **35-45 mins**

There's no better way to get your veggies than by adding them to cheesy golden fritters, gently pan-fried for a gorgeous finish. With an extra dose of goodness from the robust side salad and a drizzle of delicious herby mayo, this is a colourful garden medley that you'll love!

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

### Pantry items

Olive Oil, Plain Flour, Milk, Egg, Honey, Vinegar (White Wine or Red Wine)

## 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
potato	1	2
sweetcorn	½ tin	1 tin
carrot	1	2
spring onion	2 stems	4 stems
tomato	1	2
pumpkin seeds (pepitas)	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
garlic & herb seasoning	1 sachet	1 sachet
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
<b>plain flour*</b>	½ cup	1 cup
<b>milk*</b>	2 tbs	¼ cup
<b>egg*</b>	1	2
salad leaves	1 small bag	1 medium bag
<b>honey*</b>	½ tsp	1 tsp
<b>vinegar*</b> (white wine or red wine)	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet
diced bacon**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3353kJ (801Cal)	637kJ (152Cal)
Protein (g)	26.4g	5g
Fat, total (g)	40.3g	7.7g
- saturated (g)	9g	1.7g
Carbohydrate (g)	83.1g	15.8g
- sugars (g)	17.6g	3.3g
Sodium (mg)	1421mg	270mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3938kJ (941Cal)	683kJ (163Cal)
Protein (g)	34.3g	6g
Fat, total (g)	52.5g	9.1g
- saturated (g)	13.4g	2.3g
Carbohydrate (g)	83.2g	14.4g
- sugars (g)	17.7g	3.1g
Sodium (mg)	1820mg	316mg

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.

## We're here to help!

Scan here if you have any questions or concerns



1



## Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray with a drizzle of **olive oil**. Season with **salt** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.

4



## Cook the fritters

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

**TIP:** Allow the fritters time to set before turning.

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

2



## Get prepped

- Meanwhile, drain **sweetcorn**. Grate the **carrot**. Thinly slice **spring onion**. Roughly chop **tomato**.
- Heat a large frying pan over medium-high heat. Toast **pumpkin seeds**, tossing, until browned, **3-4 minutes**. Transfer to a plate.

**Custom Recipe:** If you've added diced bacon to your meal, then after toasting pumpkin seeds, return the frying pan to medium-high heat. Cook bacon, breaking up with a spoon, until browned, 3-4 minutes. Remove from heat.

5



## Make the salad

- In a second medium bowl, combine **salad leaves**, **tomato**, toasted **pumpkin seeds**, the **honey** and a drizzle of **olive oil** and **vinegar**. Season to taste.

3



## Make the fritter mixture

- In a medium bowl, combine **sweetcorn**, **carrot**, **spring onion**, **vegetable stock powder**, **garlic & herb seasoning**, **shredded Cheddar cheese**, the **plain flour**, **milk**, the **egg** 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!

**Custom Recipe:** Add the bacon to the fritter mixture.

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## Serve up

- Divide roasted potatoes, tomato salad and cheesy corn and carrot fritters between plates.
- Serve with **dill & parsley mayonnaise**. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://www.hellofresh.co.nz/rate)