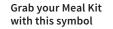
Cheesy Corn & Carrot Fritters with Roasted Potatoes & Herby Mayo

CLIMATE SUPERSTAR















Carrot



Spring Onion









Vegetable Stock



Powder





Cos Lettuce



Seasoning

Dill & Parsley Mayonnaise



Shredded Cheddar Cheese

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

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	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
sweetcorn	1 tin	1 tin
carrot	1	2
spring onion	2 stems	4 stems
radish	2	3
pumpkin seeds (pepitas)	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
garlic & herb seasoning	1 sachet	1 sachet
shredded	1 packet	1 packet
Cheddar cheese	(40g)	(80g)
plain flour*	½ cup	1 cup
milk*	2 tbs	½ cup
egg*	1	2
cos lettuce	½ head	1 head
honey*	½ tsp	1 tsp
vinegar* (white wine or red wine)	drizzle	drizzle
dill & parsley mayonnaise	1 medium packet	1 large packet

*Pantry Items

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

The quantities provided above are averages only.

Allergens

2022 | CW43

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.



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.



Get prepped

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



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, 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!



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.



Make the salad

- Shred cos lettuce leaves (see ingredients).
- In a second medium bowl, combine cos lettuce. radish, toasted pumpkin seeds, the honey and a drizzle of olive oil and vinegar. Season to taste.



Serve up

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

