



Golden Corn & Carrot Fritters

with Roasted Potatoes & Herby Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Sweetcorn



Carrot



Spring Onion



Cucumber



Pumpkin Seeds (Pepitas)



Vegetable Stock Powder



Garlic & Herb Seasoning



Shredded Cheddar Cheese



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Diced Bacon

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, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
sweetcorn	1 tin	1 tin
carrot	1	2
spring onion	2 stems	4 stems
cucumber	1 (medium)	1 (large)
pumpkin seeds	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)
plain flour*	½ cup	1 cup
milk*	2 tbs	¼ cup
egg*	1	2
mixed salad leaves	1 medium bag	1 large bag
honey*	½ tsp	1 tsp
white wine vinegar*	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)	3510kJ (839Cal)	552kJ (132Cal)
Protein (g)	28.5g	4.5g
Fat, total (g)	37.1g	5.8g
- saturated (g)	8.7g	1.4g
Carbohydrate (g)	97.1g	15.3g
- sugars (g)	21.7g	3.4g
Sodium (mg)	1382mg	217mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4095kJ (979Cal)	597kJ (143Cal)
Protein (g)	36.4g	5.3g
Fat, total (g)	49.3g	7.2g
- saturated (g)	13.1g	1.9g
Carbohydrate (g)	97.2g	14.2g
- sugars (g)	21.7g	3.2g
Sodium (mg)	1781mg	260mg

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.

We're here to help!

Scan here if you have any questions or concerns



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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** and **cucumber**.
- 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, 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 **mixed salad leaves**, **cucumber**, toasted **pumpkin seeds**, the **honey** and a drizzle of **olive oil** and **white wine 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**, **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 cooked bacon to the fritter mixture.

6



Serve up

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

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