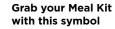
Cheesy Courgette & Carrot Fritters

with Roasted Kumara Salad















Carrot



Spring Onion



Chives





Shredded Cheddar



Cheese



Lemon



Mixed Salad Leaves



Dill & Parsley Mayonnaise

Pantry items

Olive Oil, Eggs, Plain Flour, Honey

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

ingredients		
2 People	4 People	
refer to method	refer to method	
1 (medium)	1 (large)	
1	2	
1	2	
1 bunch	1 bunch	
1 bunch	1 bunch	
1 packet	2 packets	
2	4	
1 packet (50g)	1 packet (100g)	
⅓ cup	½ cup	
1/4 tsp	½ tsp	
1	2	
1/2	1	
½ tsp	1 tsp	
1 bag (60g)	1 bag (120g)	
1 packet (50g)	1 packet (100g)	
	refer to method 1 (medium) 1 1 1 bunch 1 bunch 1 packet 2 1 packet (50g) ½ cup ½ tsp 1 ½ ½ ty2 1 bag (60g) 1 packet	

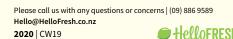
^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2480kJ (592Cal)	443kJ (106Cal)
Protein (g)	25.3g	4.5g
Fat, total (g)	36.9g	6.6g
- saturated (g)	9.5g	1.7g
Carbohydrate (g)	39.5g	7.1g
- sugars (g)	16.5g	3.0g
Sodium (g)	612mg	109mg

Allergens

Please visit HelloFresh.co.nz/recipes for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.





1. Roast the kumara

Preheat the oven to 220°C/200°C fan-forced. Cut the kumara (unpeeled) into 1cm chunks. Place the kumara, a drizzle of olive oil and a pinch of salt and pepper on an oven tray lined with baking paper. Toss to coat, then roast until tender, 20-25 minutes.

TIP: Cut the kumara to the correct size so it cooks in the allocated time.



2. Get prepped

While the kumara is roasting, grate the **courgette**. Squeeze the excess moisture out of the courgette with your hands or a tea towel. Grate the **carrot** (unpeeled). Thinly slice the **spring onion**. Finely chop the **chives**. Heat a large frying pan over a medium-high heat. Add the **pumpkin seeds** and toast, stirring, until browned, **3-4 minutes**. Transfer to a plate.



3. Make the fritter mixture

In a medium bowl, whisk the eggs. Add the courgette, carrot, spring onion, chives and shredded Cheddar cheese and stir well to combine. Add the plain flour, 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!



4. Cook the fritters

Return the frying pan to a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, add **1/4 cup** of the **fritter mixture** and flatten with a spatula. Repeat with some of the **remaining mixture**. Cook until golden, **3-4 minutes** each side. Transfer to a plate lined with paper towel. Repeat with the **remaining fritter mixture**.

TIP: If your pan is getting crowded, cook in batches for the best results. Don't flip too early to ensure the fritters have time to set and add extra oil as needed.



5. Make the salad

Roughly chop the tomato. Cut the lemon (see ingredients list) into wedges. In a medium bowl, combine the honey, olive oil (4 tsp for 2 people / 2 1/2 tbs for 4 people) and a small squeeze of lemon juice. Season to taste with salt and pepper. Add the tomato, roasted kumara, mixed salad leaves and toasted pumpkin seeds to the bowl and toss to coat.



6. Serve up

Divide the roasted kumara salad and cheesy courgette and carrot fritters between plates. Serve with the **dill & parsley mayonnaise** and any remaining lemon wedges.

Enjoy!