



# Cheesy Courgette & Carrot Fritters

with Roasted Kumara Salad

Grab your Meal Kit with this symbol



Kumara



Courgette



Carrot



Spring Onion



Chives



Pumpkin Seeds (Pepitas)



Shredded Cheddar Cheese



Tomato




Lemon



Mixed Salad Leaves



Dill & Parsley Mayonnaise

 Hands-on: **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 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!

### 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

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1 (medium)	1 (large)
courgette	1	2
carrot	1	2
spring onion	1 bunch	1 bunch
chives	1 bunch	1 bunch
pumpkin seeds (pepitas)	1 packet	2 packets
eggs*	2	4
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
plain flour*	¼ cup	½ cup
salt*	¼ tsp	½ tsp
tomato	1	2
lemon	½	1
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (60g)	1 bag (120g)
dill & parsley	1 packet	1 packet
mayonnaise	(50g)	(100g)

\*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](https://www.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.



## 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.



## 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.



## 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.



## 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!



## 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!**