



# Cheesy Courgette & Carrot Fritters

with Roasted Kumara Salad & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Kumara



Beetroot



Courgette



Carrot



Spring Onion



Chives



Pumpkin Seeds (Pepitas)



Shredded Cheddar Cheese



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 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!

## Pantry items

Olive Oil, Eggs, Plain Flour, 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        |
|-----------------------------------|-----------------|-----------------|
| olive oil*                        | refer to method | refer to method |
| kumara                            | 1 (medium)      | 1 (large)       |
| beetroot                          | 1               | 2               |
| courgette                         | 1               | 2               |
| carrot                            | 1               | 2               |
| spring onion                      | 2 stems         | 4 stems         |
| 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           |
| honey*                            | ½ tsp           | 1 tsp           |
| vinegar* (white wine or red wine) | 2 tsp           | 4 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)      | 2510kJ (600Cal) | 484kJ (116Cal) |
| Protein (g)      | 25.3g           | 4.9g           |
| Fat, total (g)   | 36.9g           | 7.1g           |
| - saturated (g)  | 9.5g            | 1.8g           |
| Carbohydrate (g) | 41.3g           | 8.0g           |
| - sugars (g)     | 18.4g           | 3.6g           |
| Sodium (mg)      | 630mg           | 122mg          |

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://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 veggies

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

**TIP:** Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

**TIP:** Cut the veggies to size so they cook in time.



## Get prepped

While the veggies are roasting, grate the **courgette**, then squeeze out the excess moisture with your hands or a clean 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, tossing, until browned, **3-4 minutes**. Transfer to a plate.



## Make the fritter mixture

In a medium bowl, whisk the **eggs** with a fork. Add the **courgette**, **carrot**, **spring onion**, **chives** and **shredded Cheddar cheese** and stir well to combine. Add the **plain flour** and the **salt**, then season with **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 a medium-high heat with 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 the remaining **fritter mixture** without crowding the pan. Cook, in batches, until golden, **3-4 minutes** each side. Transfer to a plate lined with paper towel.

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

**TIP:** Don't flip too early to ensure the fritters have time to set.



## Make the salad

In a medium bowl, combine the **honey**, **olive oil** (4 tsp for 2 people / 2 1/2 tbs for 4 people) and the **vinegar**. Season to taste. Add the roasted **veggies**, **mixed salad leaves** and toasted **pumpkin seeds** and toss to coat.



## Serve up

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

Enjoy!