

Cheesy Courgette & Carrot Fritters

with Roasted Kumara Salad & Herby Mayo

Grab your Meal Kit with this symbol



Beetroot



Red Kumara



Courgette



Carrot



Spring Onion



Chives



Pumpkin Seeds (Pepitas)



Vegetable Stock Powder



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 gardenmedley that you'll love!

Pantry items

Olive Oil, Egg, 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
beetroot	1	2
red kumara	1 (medium)	1 (large)
courgette	1	2
carrot	1	2
spring onion	2 stems	4 stems
chives	1 bunch	1 bunch
pumpkin seeds (pepitas)	1 packet	2 packets
egg*	1	2
vegetable stock powder	1 sachet	1 sachet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
plain flour*	½ cup	1 cup
salt*	¼ tsp	½ tsp
honey*	½ tsp	1 tsp
vinegar* (white wine or red wine)	½ tbs	1 tbs
mixed salad leaves	1 bag (60g)	1 bag (120g)
dill & parsley	1 packet	1 packet
mayonnaise	(50g)	(100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2573kJ (614Cal)	438kJ (104Cal)
Protein (g)	21.4g	3.6g
Fat, total (g)	40.5g	6.9g
- saturated (g)	9.7g	1.6g
Carbohydrate (g)	43.1g	7.3g
- sugars (g)	13.7g	2.3g
Sodium (mg)	1030mg	175mg

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.



Roast the veggies

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



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. 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: Allow the fritters time to set before turning.



Toast the pumpkin seeds

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**. 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.



Prep the salad

In a medium bowl, combine the **honey**, a drizzle of **olive oil** and the **vinegar**. Season with **salt** and **pepper**. Add the roasted **veggies**, **mixed salad leaves** and toasted **pumpkin seeds** to the dressing and toss to coat.



Make the fritter mixture

In a medium bowl, whisk the **egg**. Add the **courgette**, **carrot**, **spring onion**, **chives**, **vegetable stock powder** 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!



Serve up

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

Enjoy!