

Cheesy Courgette & Carrot Fritters with Roasted Kumara Salad & Herby Mayo

Grab your Meal Kit with this symbol















Spring Onion





Pumpkin Seeds



Vegetable Stock

Powder

(Pepitas)



Shredded Cheddar Cheese



Mixed Salad



Dill & Parsley Mayonnaise

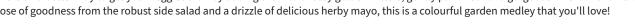


Leaves

Hands-on: 30-40 mins Ready in: 35-45 mins

Calorie Smart*

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!





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
kumara	1 (medium)	1 (large)
courgette	1	2
carrot	1	2
spring onion	2 stems	4 stems
parsley	1 bag	1 bag
pumpkin seeds (pepitas)	1 packet	1 packet
egg*	1	2
vegetable stock powder	1 medium sachet	1 large sachet
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
plain flour*	½ cup	1 cup
salt*	1/4 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 mayonnaise	1 packet (50g)	1 packet (100g)
diced bacon**	1 packet (100g)	1 packet (200g)
*Pantry Items **Cust	om Recipe Ingredient	

Nutrition

Taci icioi i		
Avg Qty	Per Serving	Per 100g
Energy (kJ)	2681kJ (641Cal)	456kJ (109Cal)
Protein (g)	21.2g	3.6g
Fat, total (g)	40.7g	6.9g
- saturated (g)	9.7g	1.6g
Carbohydrate (g)	47.6g	8.1g
- sugars (g)	27.2g	4.6g
Sodium (mg)	1167mg	199mg

Custom Recipe

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Avg Qty	Per Serving	Per 100g
Energy (kJ)	3266kJ (781Cal)	512kJ (122Cal)
Protein (g)	29.2g	4.6g
Fat, total (g)	52.8g	8.3g
- saturated (g)	14.2g	2.2g
Carbohydrate (g)	47.7g	7.5g
- sugars (g)	27.2g	4.3g
Sodium (mg)	1566mg	245mg

The quantities provided above are averages only. *Custom recipe is not calorie smart.

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.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Roast the veggies

Preheat the oven to 220°C/200°C fan-forced. Cut the **beetroot** and **kumara** into bite-sized chunks. Place the **beetroot**, **kumara** and a generous drizzle of **olive oil** on a lined oven tray. Add a dash of **water** to the tray, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

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



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**. Thinly slice the **spring onion**. Finely chop the **parsley** leaves. Heat a large frying pan over a medium-high heat. Toast the **pumpkin seeds**, tossing, until browned, **3-4 minutes**. Transfer to a plate.



If you've added diced bacon to your meal, return the frying pan to a medium-high heat. When the oil is hot, cook bacon, breaking up with a spoon, until browned, 3-4 minutes. Remove from heat.



Make the fritter mixture

In a medium bowl, whisk the egg. Add the courgette, carrot, spring onion, parsley, 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!

CUSTOM RECIPE

Add cooked bacon to the fritter mixture.



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 amounts 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: If your pan is getting crowded, cook in batches for the best results, adding extra oil as needed.

TIP: Allow the fritters time to set before flipping.



Toss the salad

In a medium bowl, combine the **honey**, a drizzle of **olive oil** and the **vinegar**. Season to taste. Add the roasted **veggies**, **mixed salad leaves** and toasted **pumpkin seeds**. 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!