



# Cheesy Courgette & Carrot Fritters

with Roasted Kumara Salad & Herby Mayo

Grab your Meal Kit with this symbol



Beetroot



Kumara



Courgette



Carrot



Spring Onion



Parsley



Pumpkin Seeds (Pepitas)



Vegetable Stock Powder



Shredded Cheddar Cheese



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Diced Bacon

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!



**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### 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
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*	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 mayonnaise	1 packet (50g)	1 packet (100g)
diced bacon**	1 packet (100g)	1 packet (200g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

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

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)	1567mg	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](https://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](https://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.

### CUSTOM RECIPE

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.



## 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.



## 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.



## 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!