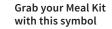
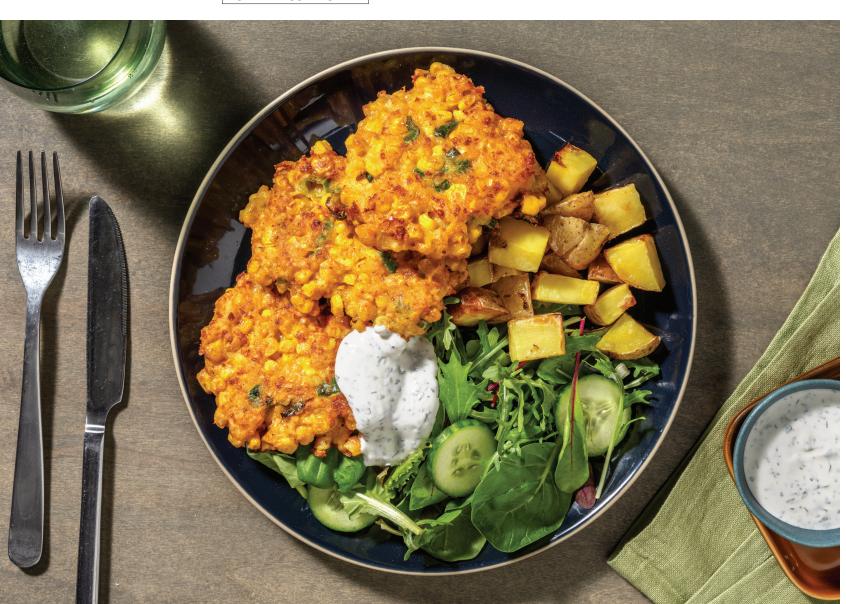
# Golden Corn & Carrot Fritters

with Roasted Potatoes & Herby Mayo

CLIMATE SUPERSTAR

















**Spring Onion** 

Carrot





Garlic & Herb Seasoning

Mixed Salad

Cucumber



Vegetable Stock



Shredded Cheddar Cheese



Dill & Parsley Mayonnaise





Prep in: 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!

Olive Oil, Plain Flour, Milk, Egg, Honey, White Wine Vinegar

# Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

### You will need

Oven tray lined with baking paper  $\cdot$  Large frying pan

# Ingredients

ingredients				
	2 People	4 People		
olive oil*	refer to method	refer to method		
potato	2	4		
sweetcorn	1 tin	1 tin		
carrot	1	2		
spring onion	2 stems	4 stems		
cucumber	1 (medium)	1 (large)		
pumpkin seeds	1 packet	1 packet		
vegetable stock powder	1 medium sachet	1 large sachet		
garlic & herb seasoning	1 sachet	1 sachet		
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)		
plain flour*	½ cup	1 cup		
milk*	2 tbs	1/4 cup		
egg*	1	2		
mixed salad leaves	1 medium bag	1 large bag		
honey*	½ tsp	1 tsp		
white wine vinegar*	drizzle	drizzle		
dill & parsley mayonnaise	1 medium packet	1 large packet		
diced bacon**	1 packet	1 packet		
****				

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3510kJ (839Cal)	552kJ (132Cal)
Protein (g)	28.5g	4.5g
Fat, total (g)	37.1g	5.8g
- saturated (g)	8.7g	1.4g
Carbohydrate (g)	97.1g	15.3g
- sugars (g)	21.7g	3.4g
Sodium (mg)	1382mg	217mg

### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4095kJ (979Cal)	<b>597kJ</b> (143Cal)
Protein (g)	36.4g	5.3g
Fat, total (g)	49.3g	7.2g
- saturated (g)	13.1g	1.9g
Carbohydrate (g)	97.2g	14.2g
- sugars (g)	21.7g	3.2g
Sodium (mg)	1781mg	260mg

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.

#### We're here to help!

Scan here if you have any questions or concerns

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# Roast the potato

- Preheat oven to 240°C/220°C fan-forced.
- Cut potato into bite-sized chunks.
- Place potato on a lined oven tray with a drizzle of olive oil. Season with salt and toss to coat.
   Spread out evenly, then roast until tender,
   20-25 minutes.



# Get prepped

- Meanwhile, drain sweetcorn. Grate the carrot.
   Thinly slice spring onion and cucumber.
- Heat a large frying pan over medium-high heat.
   Toast 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 medium-high heat. Cook bacon, breaking up with a spoon, until browned, 3-4 minutes. Remove from heat.



### Make the fritter mixture

 In a medium bowl, combine sweetcorn, carrot, spring onion, vegetable stock powder, garlic & herb seasoning, shredded Cheddar cheese, the plain flour, milk, egg 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!

**Custom Recipe:** Add the cooked bacon to the fritter mixture.



### Cook the fritters

- Return the frying pan to medium-high heat
  with enough olive oil to coat the base of the
  pan. When oil is hot, add heaped tablespoons
  of fritter mixture in batches and flatten with a
  spatula.
- Cook until golden, 3-4 minutes each side.
   Transfer to a paper towel-lined plate.

TIP: Allow the fritters time to set before turning.

TIP: Add extra plive oil between batches as needed.



# Make the salad

 In a second medium bowl, combine mixed salad leaves, cucumber, toasted pumpkin seeds, the honey and a drizzle of olive oil and white wine vinegar. Season to taste.



# Serve up

- Divide roasted potatoes, mixed salad and corn and carrot fritters between plates.
- Serve with dill & parsley mayonnaise. Enjoy!

