



# Golden Corn & Carrot Fritters

with Roasted Potatoes & Herby Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Sweetcorn



Carrot



Spring Onion



Cucumber



Pumpkin Seeds (Pepitas)



Vegetable Stock Powder



Garlic & Herb Seasoning



Shredded Cheddar Cheese



Mixed Salad Leaves



Dill & Parsley Mayonnaise



Diced Bacon

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!

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

### Pantry items

Olive Oil, Plain Flour, Milk, Egg, Honey, Vinegar (White Wine or Balsamic)



## 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 · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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 (pepitas)	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)
<b>plain flour*</b>	½ cup	1 cup
<b>milk*</b>	2 tbs	¼ cup
<b>egg*</b>	1	2
mixed salad leaves	1 medium bag	1 large bag
<b>honey*</b>	½ tsp	1 tsp
<b>vinegar* (white wine or balsamic)</b>	drizzle	drizzle
dill & parsley mayonnaise	1 packet (40g)	1 packet (80g)
diced bacon**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3588kJ (858Cal)	561kJ (134Cal)
Protein (g)	29.9g	4.7g
Fat, total (g)	38.6g	6g
- saturated (g)	10.1g	1.6g
Carbohydrate (g)	97.1g	15.2g
- sugars (g)	21.7g	3.4g
Sodium (mg)	1431mg	224mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4173kJ (997Cal)	605kJ (145Cal)
Protein (g)	37.9g	5.5g
Fat, total (g)	50.7g	7.4g
- saturated (g)	14.6g	2.1g
Carbohydrate (g)	97.2g	14.1g
- sugars (g)	21.7g	3.1g
Sodium (mg)	1830mg	265mg

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](https://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



1



## 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**.

4



## 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 olive oil between batches as needed.

2



## 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.

5



## Make the salad

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

3



## 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.

6



## Serve up

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

## Rate your recipe

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