



Middle Eastern Carrot & Corn Fritters

with Roasted Kumara Sesame Salad & Garlic Aioli

Grab your Meal Kit with this symbol



Kumara



Mixed Sesame Seeds



Spring Onion



Carrot



Garlic



Radish



Herbs



Sweetcorn



Middle Eastern Seasoning



Mixed Leaves



Garlic Aioli

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: 25-35 mins
- Ready in: 40-50 mins
- Calorie Smart

Keep your eyes on your fritters when this meal hits the table because with the incredibly tasty combo of veggies, Middle Eastern spices and garlic aioli they're ripe for the thieving!

Pantry items

Olive Oil, Plain Flour, Egg, Milk, Red Wine Vinegar

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
kumara	2	2
mixed sesame seeds	1 sachet	1 sachet
spring onion	2 stems	4 stems
carrot	1	2
garlic	1 clove	2 cloves
radish	2	3
herbs	1 bag	1 bag
sweetcorn	½ tin	1 tin
Middle Eastern seasoning	1 sachet	2 sachets
plain flour*	½ cup	1 cup
egg*	1	2
milk*	2 tbs	¼ cup
mixed leaves	1 small bag	1 medium bag
red wine vinegar*	drizzle	drizzle
garlic aioli	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2493kJ (596Cal)	444kJ (106Cal)
Protein (g)	17.2g	3.1g
Fat, total (g)	21.4g	3.8g
- saturated (g)	2.8g	0.5g
Carbohydrate (g)	74.3g	13.2g
- sugars (g)	23.3g	4.2g
Sodium (mg)	962mg	171mg

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 kumara

Preheat oven to **220°C/200°C fan-forced**. Peel **kumara** and cut into bite-sized chunks. Place **kumara** and **mixed sesame seeds** on a lined oven tray, drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Add a dash of **water** to the tray, spread out evenly, then roast until tender, **20-25 minutes**.



Cook the fritters

Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base of the pan. When oil is hot, add 1/4 cup of **fritter mixture** and flatten into a patty using a spatula. Repeat with remaining **mixture** and cook, in batches, until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with a paper towel.

TIP: Give the fritters time to set before flipping them, adding extra oil as needed between batches.



Get prepped

While the kumara is roasting, thinly slice **spring onion**. Grate **carrot**. Finely chop **garlic**. Thinly slice **radish**. Roughly chop **herbs**. Drain **sweetcorn** (see ingredients).



Toss the salad

In a large bowl, combine **mixed leaves**, **radish**, **roasted kumara**, and a drizzle of **red wine vinegar** and **olive oil**. Season to taste.



Make the fritter mixture

Squeeze out excess moisture from **carrot** using a paper towel or clean cloth. In a medium bowl, add **carrot**, **sweetcorn**, **Middle Eastern seasoning**, **herbs**, **spring onion**, **garlic**, the **plain flour**, **egg** and the **milk**. Season with **pepper** and stir well to combine.

TIP: Take out a spoonful of the mixture and see if it holds its shape. If it's too wet, add a little more flour!



Serve up

Divide Middle Eastern carrot and corn fritters between plates. Serve with roasted kumara sesame salad and **garlic aioli**.

Enjoy!