



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



Ras El Hanout



Salad Leaves



Garlic Aioli



Diced Bacon

 **Recipe Update**

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **25-35 mins**
Ready in: **40-50 mins**

 **Calorie Smart**
**Custom recipe is not 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!

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

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 (medium)	2 (large)
mixed sesame seeds	1 sachet	1 sachet
spring onion	2 stems	4 stems
radish	2	3
garlic	1 clove	2 cloves
herbs	1 bag	1 bag
carrot	1	2
sweetcorn	½ tin	1 tin
ras el hanout	1 medium sachet	1 large sachet
plain flour*	½ cup	1 cup
egg*	1	2
milk*	2 tbs	4 tbs
salad leaves	1 small bag	1 medium bag
red wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2427kJ (580Cal)	435kJ (103Cal)
Protein (g)	16.4g	2.9g
Fat, total (g)	22.1g	4g
- saturated (g)	3.1g	0.6g
Carbohydrate (g)	77.5g	13.9g
- sugars (g)	23.5g	4.2g
Sodium (mg)	1052mg	189mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3012kJ (719Cal)	496kJ (118Cal)
Protein (g)	24.3g	4g
Fat, total (g)	34.3g	5.6g
- saturated (g)	7.5g	1.2g
Carbohydrate (g)	77.5g	12.8g
- sugars (g)	23.5g	3.9g
Sodium (mg)	1451mg	239mg

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.

1



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**.

TIP: If your oven tray is crowded, divide between two trays.

2



Get prepped

- Meanwhile, thinly slice **spring onion** and **radish**. Finely chop **garlic**. Roughly chop **herbs**. Grate the **carrot**. Drain **sweetcorn** (see ingredients).

Custom Recipe: If you've added diced bacon, heat a large frying pan with a drizzle of olive oil over medium-high heat. Cook diced bacon, breaking up with a spoon, until slightly golden, 3-4 minutes.

3



Make the fritter mixture

- Squeeze out excess moisture from **carrot** using a paper towel or clean cloth.
- In a medium bowl, add **carrot**, **sweetcorn**, **ras el hanout**, **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!

Custom Recipe: Add diced bacon to the fritter mixture.

4



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 paper towel-lined plate.

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

5



Toss the salad

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

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns



2022 | CW30

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