













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
-  Garlic
-  Tomato
-  Coriander
-  Carrot
-  Sweetcorn
-  Middle Eastern Seasoning
-  Mixed Salad Leaves
-  Garlic Aioli

 **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

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 (medium)	2 (large)
mixed sesame seeds	1 medium sachet	1 large sachet
spring onion	2 stems	4 stems
garlic	1 clove	2 cloves
tomato	1	2
coriander	1 bag	1 bag
carrot	1	2
sweetcorn	1 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 salad leaves	1 small bag	1 medium bag
red wine vinegar*	drizzle	drizzle
garlic aioli	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2549kJ (609Cal)	485kJ (115Cal)
Protein (g)	15.7g	3g
Fat, total (g)	26.8g	5.1g
- saturated (g)	3.7g	0.7g
Carbohydrate (g)	75.1g	14.3g
- sugars (g)	22.1g	4.2g
Sodium (mg)	1014mg	193mg

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**.

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



Cook the fritters

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat 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 **fritter 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.



Get prepped

- Meanwhile, thinly slice **spring onion**. Finely chop **garlic**. Roughly chop **tomato** and **coriander**. Grate the **carrot**. Drain the **sweetcorn**.



Toss the salad

- In a large bowl, combine **mixed salad leaves**, **tomato**, **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**, **coriander**, **spring onion**, **garlic**, the **plain flour**, **egg** and **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!

We're here to help!

Scan here if you have any questions or concerns



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