



Middle Eastern Carrot & Corn Fritters

with Roasted Kumara Sesame Salad & Garlic Aioli

Grab your Meal Kit with this symbol



Kumara



Sesame Seeds



Spring Onion



Radish



Garlic



Coriander



Carrot



Sweetcorn



Middle Eastern Seasoning



Mixed Salad Leaves



Garlic Aioli



Diced Bacon

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 sesame studded 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)
sesame seeds	½ sachet	1 sachet
spring onion	2 stems	4 stems
radish	2	3
garlic	1 clove	2 cloves
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 medium bag	1 large 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)	2549kJ (609Cal)	485kJ (116Cal)
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

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3134kJ (749Cal)	545kJ (130Cal)
Protein (g)	23.7g	4.1g
Fat, total (g)	39g	6.8g
- saturated (g)	8.2g	1.4g
Carbohydrate (g)	75.1g	13g
- sugars (g)	22.1g	3.8g
Sodium (mg)	1413mg	246mg

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 kumara

See **Air Fryer Tips (below)**!

- Preheat oven to **220°C/200°C fan-forced**.
- Peel **kumara** and cut into bite-sized chunks.
- Place **kumara** and **sesame seeds** (see ingredients) 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 base of pan.
- When oil is hot, add heaped tablespoons of **fritter mixture** in batches and flatten with a spatula (3-4 per person).
- Cook **fritters** until golden, **3-4 minutes** each side (don't flip too early!). Transfer to a paper towel-lined plate.

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

Use an air fryer!

1. Set your air fryer to 200°C. Prep and season kumara as above.
2. Place kumara evenly into air fryer basket and cook for 10 minutes.
3. Shake the basket, then cook until golden, a further 10-15 minutes.



Get prepped

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

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.



Toss the salad

- While the fritters are cooking, in a large bowl, combine **mixed salad 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 spice blend**, **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!

Custom Recipe: Add diced bacon to the fritter mixture.



Serve up

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

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