

# Mumbai Cheesy Fritters & Pumpkin Seeds

with Bombay Potato Toss & Herby Yoghurt

Grab your Meal Kit with this symbol



Potato



Brown Mustard Seeds



Sweetcorn



Carrot



Onion



Pumpkin Seeds (Pepitas)



Mumbai Spice Blend



Vegetable Stock Powder



Herbs



Baby Spinach Leaves



Shredded Cheddar Cheese



Greek-Style Yoghurt



### 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: 35-45 mins



Fritters are a great option if you're looking to have a little fun in the kitchen. Roll up your sleeves and combine all those ingredients from the Cheddar cheese, carrot and corn, to create a stack of richly spiced fritters. They're fun and delicious!

### Pantry items

Olive Oil, Egg, Plain Flour, Milk, White 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
<b>olive oil*</b>	refer to method	refer to method
potato	3	6
brown mustard seeds	1 sachet	1 sachet
sweetcorn	1 tin	1 tin
carrot	1	2
onion	1 (medium)	1 (large)
pumpkin seeds (pepitas)	1 packet	1 packet
<b>egg*</b>	1	2
Mumbai spice blend	1 sachet	2 sachets
vegetable stock powder	1 large sachet	2 large sachets
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
<b>plain flour*</b>	½ cup	1 cup
<b>milk*</b>	2 tbs	¼ cup
herbs	1 bag	1 bag
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
<b>white wine vinegar*</b>	drizzle	drizzle

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2529kJ (604Cal)	406kJ (97Cal)
Protein (g)	28.6g	4.6g
Fat, total (g)	22.1g	3.5g
- saturated (g)	8.2g	1.3g
Carbohydrate (g)	73.5g	11.8g
- sugars (g)	15g	2.4g
Sodium (mg)	1519mg	244mg

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.

1



## Roast the bombay potatoes

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks, then place on a lined oven tray.
- Sprinkle over **brown mustard seeds**, drizzle with **olive oil**, season with **salt** and toss to coat. 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. When oil is hot, add heaped tablespoons of **fritter mixture** in batches and flatten with a spatula (3-4 fritters per person).
- Cook until golden, **3-4 minutes** each side. Transfer to a paper towel-lined plate.

**TIP:** Don't flip before the time is up to ensure your fritters can set. Repeat with the remaining mixture.

**TIP:** Add extra oil if needed to ensure the fritters don't stick to the pan.

2



## Get prepped

- Meanwhile, drain **sweetcorn**. Grate **carrot**, then squeeze out any excess moisture using a paper towel or clean cloth. Thinly slice **onion**.
- Heat a large frying pan over medium-high heat. Toast **pumpkin seeds**, tossing, until browned, **3-4 minutes**. Transfer to a bowl.

5



## Make the herby yoghurt

- Meanwhile, pick and thinly slice **herb** leaves. In a small bowl, combine **herbs** and **Greek-style yoghurt**. Season to taste and set aside.
- To the tray with the **potatoes**, add **baby spinach leaves** and a drizzle of **white wine vinegar**. Season to taste and toss to coat.

3



## Make the fritter mixture

- In a large bowl, combine the **egg**, **sweetcorn**, **carrot**, **onion**, **Mumbai spice blend**, **vegetable stock powder**, **shredded Cheddar cheese**, the **plain flour**, **milk** and a pinch of **salt** and **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!

6



## Serve up

- Divide Bombay potato toss and Mumbai cheesy fritters between plates.
- Dollop with herby yoghurt and sprinkle over toasted pumpkin seeds to serve. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

2022 | CW37



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