



Spring Onion, Sweetcorn & Feta Fritters

with Roast Veggie Toss

Grab your Meal Kit with this symbol



Kumara



Beetroot



Red Onion



Flaked Almonds



Spring Onion



Long Green Chilli (Optional)



Mint



Garlic



Sweetcorn



Carrot



Vegetable Stock



Feta



Mixed Salad Leaves



Dill & Parsley Mayonnaise

- Hands-on: **30-40** mins
- Ready in: **35-45** mins
- Spicy (optional long green chilli)

The secret to the success of these moreish veggie fritters is charring the corn in a dry frying pan before mixing them with the other ingredients. It gives an amazing smokey flavour that you won't be able to get enough of.

Pantry items

Olive Oil, Plain Flour, Egg, Milk

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	1 (medium)	1 (large)
beetroot	1	2
red onion	1 (medium)	1 (medium)
flaked almonds	1 packet	2 packets
spring onion	1 bunch	1 bunch
long green chilli (optional)	½	1
mint	1 bunch	1 bunch
garlic	1 clove	2 cloves
sweetcorn	½ tin	1 tin
carrot	1	2
plain flour*	½ cup	1 cup
egg*	1	2
milk*	2 tbs	¼ cup
vegetable stock	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
feta	1 block (50g)	1 block (100g)
mixed salad leaves	1 bag (30g)	1 bag (60g)
dill & parsley	1 packet	1 packet
mayonnaise	(50g)	(100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2700kJ (644Cal)	499kJ (119Cal)
Protein (g)	23.1g	4.3g
Fat, total (g)	28.9g	5.4g
- saturated (g)	6.4g	1.2g
Carbohydrate (g)	68.5g	12.7g
- sugars (g)	22.0g	4.1g
Sodium (mg)	1240mg	230mg

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 veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **kumara** and **beetroot** (both unpeeled) into 1cm chunks. Slice the **red onion** into 3cm wedges. Place the veggies on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **25 minutes**. Remove the tray from the oven, then add the **flaked almonds** to the side of the tray. Return to the oven and roast until golden, **3-4 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



4. Cook the fritters

Return the frying pan to a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, add **1/4 cup** of the **fritter mixture** and flatten into a patty using a spatula. Repeat with the **remaining mixture**, without crowding the pan, and adding **extra oil** as needed. Cook until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Give the fritters time to set before flipping them!



2. Get prepped

While the veggies are roasting, thinly slice the **spring onion**. Thinly slice the **long green chilli** (see ingredients list), if using. Pick and finely chop the **mint** leaves. Finely chop the **garlic** (or use a garlic press). Drain the **sweetcorn** (see ingredients list). Grate the **carrot** (unpeeled).



3. Make the fritter mixture

Heat a large frying pan over a high heat. When the pan is hot, add the **sweetcorn** and cook, tossing, until charred, **5 minutes**. Transfer to a medium bowl. Using a paper towel or clean cloth, squeeze out excess moisture from the **carrot**, then add to the bowl with the charred **corn**. Add the **spring onion**, **chilli** (if using), **mint**, **garlic**, **plain flour**, **egg**, **milk**, **vegetable stock**, the **salt** and crumble in **1/2** the **feta**. Season with a **pinch of 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!



5. Make the roast veggie toss

In a medium bowl, combine the roasted **veggies**, **mixed salad leaves** and the **remaining feta**. Season with **salt** and **pepper**. Just before serving, toss to coat.



6. Serve up

Divide the spring onion, sweetcorn and feta fritters and roast veggie toss between plates. Sprinkle with the toasted almonds and serve with the **dill & parsley mayonnaise**.

Enjoy!