



Veggie Fritter & Haloumi Stack

with Roast Potato Toss & Sweet Chilli Sauce

Grab your Meal Kit with this symbol



Potato



Coriander



Garlic



Haloumi



Carrot



Courgette



Sweetcorn



Vegetable Stock Powder



Tomato



Mixed Salad Leaves



Sweet Chilli Sauce

Hands-on: **20-30 mins**
Ready in: **35-45 mins**

These juicy sweet-and-salty fritters are the perfect marriage of flavours and easy cooking techniques. Each fritter is packed with veggies, and is stacked with tasty haloumi and sweet chilli sauce to add plenty of cheesy goodness!

Pantry items

Olive Oil, Plain Flour, Egg, Vinegar (White Wine or Balsamic), Honey

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
potato	3	6
coriander	1 bunch	1 bunch
garlic	2 cloves	4 cloves
haloumi	1 packet	2 packets
carrot	1	2
courgette	1	2
sweetcorn	½ tin	1 tin
plain flour*	½ cup	1 cup
egg*	1	2
salt*	¼ tsp	½ tsp
vegetable stock powder	1 sachet	1 sachet
tomato	1	2
vinegar* (white wine or balsamic)	1 tsp	2 tsp
honey*	¼ tsp	½ tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
sweet chilli sauce	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3372kJ (805Cal)	456kJ (108Cal)
Protein (g)	36.8g	5g
Fat, total (g)	32.6g	4.4g
- saturated (g)	15.3g	2.1g
Carbohydrate (g)	79.3g	10.7g
- sugars (g)	39.7g	5.4g
Sodium (mg)	1586mg	214mg

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 potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potato** into small chunks. Place the **potato** and a drizzle of **olive oil** on a lined oven tray. Season with **salt**. Toss to coat, then roast until tender, **20-25 minutes**. Set aside to cool slightly.



Cook the fritters

Heat a large frying pan over 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 with a spatula. Repeat with some of the remaining **mixture**, without crowding the pan, and cook in batches until golden, **2-3 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Allow the fritters to set before you flip them.

TIP: Add extra oil as needed so the fritters don't stick.



Get prepped

While the potato is roasting, finely chop the **coriander** (reserve some leaves for garnish!). Finely chop the **garlic**. Cut the **haloumi** into 1cm slices. Grate the **carrot** and **courgette**. Squeeze the excess moisture out of the **courgette** using a paper towel or clean cloth. Drain the **sweetcorn** (see ingredients).



Cook the haloumi

While the fritters are cooking, roughly chop the **tomato**. In a second medium bowl, combine the **vinegar**, **honey** and a drizzle of **olive oil**. Set aside. When the fritters are done, return the pan to a medium-high heat with a drizzle of **olive oil**. Cook the **haloumi** until golden brown, **1-2 minutes** on each side.



Make the fritter mixture

In a medium bowl, add the **carrot**, **courgette**, **sweetcorn**, **garlic**, **plain flour**, **egg**, the **salt**, **coriander** and **vegetable stock powder**. 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 some more flour!



Serve up

Add the **mixed salad leaves**, tomato and roasted potato to the salad dressing and toss to coat. Layer the fritters and haloumi to form a stack on each plate. Divide the roast potato toss between plates. Drizzle the **sweet chilli sauce** over each fritter stack.

Enjoy!