



# Veggie Fritter & Haloumi Stack

with Roast Kumara Toss & Sweet Chilli Sauce

Grab your Meal Kit with this symbol



Kumara



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
kumara	1 (medium)	1 (large)
coriander	1 bag	1 bag
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 medium sachet	1 large 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)	3067kJ (733Cal)	479kJ (114Cal)
Protein (g)	35.7g	5.6g
Fat, total (g)	32.4g	5.1g
- saturated (g)	15.2g	2.4g
Carbohydrate (g)	63.9g	10g
- sugars (g)	30.5g	4.8g
Sodium (mg)	1574mg	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](https://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 the oven to **220°C/200°C fan-forced**. Peel and cut the **kumara** into bite-sized chunks. Place the **kumara** 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 and 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 heaped tablespoons of the **fritter mixture**, in batches, and flatten with a spatula. Cook until golden and cooked through, **2-3 minutes** each side. Transfer to a plate lined with paper towel.

**TIP:** Allow the fritters to set before you flip them. Add extra oil between batches as needed.



## Get prepped

While the kumara is roasting, finely chop the **coriander** (reserve some leaves for garnish!). Finely chop the **garlic**. Cut the **haloumi** into 1cm-thick 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**. When the fritters are done, return the empty 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, combine 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

In a large bowl, combine the **vinegar**, **honey** and a drizzle of **olive oil**. Add the **mixed salad leaves**, tomato and roasted kumara and toss to coat. Layer the fritters and haloumi to form a stack on each plate. Divide the roast kumara toss between plates. Drizzle the **sweet chilli sauce** over each fritter stack.

## Enjoy!