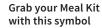
Veggie Fritter & Haloumi Stack with Roasted Kumara Toss & Sweet Chilli Sauce













Haloumi





Carrot

Courgette





Sweetcorn

Vegetable Stock Powder







Tomato

Mixed Leaves



Sweet Chilli

Sauce

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
kumara	1 (medium)	1 (large)	
herbs	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*	1/4 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*	1/4 tsp	½ tsp	
mixed leaves	1 small bag	1 medium bag	
sweet chilli sauce	1 packet (50g)	1 packet (100g)	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3082kJ (737Cal)	482kJ (115Cal)
Protein (g)	36.1g	5.6g
Fat, total (g)	32.6g	5.1g
- saturated (g)	15.5g	2.4g
Carbohydrate (g)	64.4g	10.1g
- sugars (g)	27.8g	4.3g
Sodium (mg)	1788mg	279mg

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 kumara

Preheat oven to 220°C/200°C fan-forced.
Peel, then cut kumara into bite-sized chunks.
Place kumara on a lined oven tray. Drizzle
generously with olive oil, season with salt and
pepper and toss to coat. Spread out evenly, then
add a dash of water to the tray and roast until
tender, 20-25 minutes. Set aside to cool slightly.



Get prepped

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



Make the fritter mixture

In a medium bowl, combine carrot, courgette, sweetcorn, garlic, the plain flour, egg, the salt, herbs 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!



Cook the fritters

Heat a large frying pan over medium-high heat with enough **olive oil** to coat base of the pan. When oil is hot, add heaped tablespoons of **fritter mixture** and flatten with a spatula. Cook in batches until golden and cooked through, **2-3 minutes** each side. Transfer to a paper towellined plate.

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



Cook the haloumi

While the fritters are cooking, roughly chop **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 medium-high heat with a drizzle of **olive oil**. Cook **haloumi** until golden brown, **1-2 minutes** on each side.



Serve up

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

Enjoy!