

Veggie Fritter & Haloumi Stack

with Roasted Kumara Toss & Sweet Chilli Sauce

Grab your Meal Kit with this symbol



Kumara



Herbs



Garlic



Haloumi



Carrot



Courgette



Sweetcorn



Vegetable Stock Powder



Tomato



Mixed Leaves



Sweet Chilli Sauce

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 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)
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*	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 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.



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 towel-lined plate.

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



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).



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.



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!



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!