



# Zucchini, Carrot & Cheddar Fritters

with Roast Veggie Salad & Babaganoush

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Capsicum



Red Onion



Zucchini



Carrot



Spring Onion



Cheddar Cheese



Vegetable Stock Pot



Chilli Flakes (Optional)



Mixed Salad Leaves



Pepitas



Babaganoush



Diced Bacon

Prep in: 30-40 mins  
Ready in: 35-45 mins

Calorie Smart\*  
*\*Custom recipe is not Calorie Smart*

There's no better way to get your veggies than by adding them to cheesy, golden fritters. With an extra dose of goodness from the roast root veg and salad greens, plus our creamy babaganoush for dipping, this inviting dish tastes every bit as good as it looks!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

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

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	1	2
capsicum	1	2
red onion	½	1
zucchini	1	2
carrot	1	2
spring onion	2 stems	4 stems
Cheddar cheese	1 medium packet	1 large packet
<b>plain flour*</b>	½ cup	1 cup
vegetable stock pot	1 packet	2 packets
<b>egg*</b>	1	2
<b>salt*</b>	¼ tsp	½ tsp
chilli flakes (optional)	pinch	pinch
<b>honey*</b>	½ tsp	1 tsp
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small packet	1 medium packet
pepitas	1 medium packet	1 large packet
babaganoush	1 packet	2 packets
diced bacon**	1 medium packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2368kJ (566Cal)	374kJ (89Cal)
Protein (g)	23.5g	3.7g
Fat, total (g)	26.6g	4.2g
- saturated (g)	6.9g	1.1g
Carbohydrate (g)	56.7g	9g
- sugars (g)	24.7g	3.9g
Sodium (mg)	1276mg	201mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2756kJ (659Cal)	406kJ (97Cal)
Protein (g)	30.4g	4.5g
Fat, total (g)	33.3g	4.9g
- saturated (g)	9.4g	1.4g
Carbohydrate (g)	57.5g	8.5g
- sugars (g)	25.2g	3.7g
Sodium (mg)	1707mg	252mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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 oven to **220°C/200°C fan-forced**.
- Cut **sweet potato, capsicum** and **red onion** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**. Set aside to cool slightly.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.

4



## Cook the fritters

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- When oil is hot, add heaped tablespoons of the **fritter mixture**, in batches and flatten with a spatula. Cook until golden, **3-4 minutes** each side (don't flip too early!). You should get 3-4 fritters per person.
- Transfer to a paper towel-lined plate.

**TIP:** Add extra olive oil between batches as needed.

2



## Get prepped

- Meanwhile, grate **zucchini** and **carrot**, then squeeze out any excess moisture with a paper towel.
- Thinly slice **spring onion**.

**TIP:** Removing excess liquid from the veggies will help the fritters crisp up in the pan!

5



## Prep the salad

- While the fritters are cooking, combine the **honey** with a drizzle of the **vinegar** and **olive oil** in a second medium bowl.
- Season, then add **mixed salad leaves, pepitas** and the slightly cooled **roast veggies**. Gently toss to coat.

3



## Make the fritter mixture

- In a medium bowl, combine **zucchini, carrot, spring onion, Cheddar cheese**, the **plain flour, vegetable stock pot** and the **egg**.
- Add the **salt** and a pinch of **pepper** and **chilli flakes** (if using). Mix well.

**TIP:** Lift out some of the mixture with a spoon. If it's too wet and doesn't hold its shape, add a little more flour!

**Custom Recipe:** If you've added diced bacon, heat a large frying pan over medium-high heat. Cook diced bacon, breaking up with a spoon until golden, 4-5 minutes. Add to fritter mixture, stirring to combine.

6



## Serve up

- Divide zucchini, carrot and Cheddar fritters and roast veggie salad between plates.
- Serve with **babaganoush**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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