

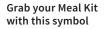
Zucchini, Carrot & Cheddar Fritters

with Roast Veggie Salad & Babaganoush

EXPLORER

CLIMATE SUPERSTAR









Sweet Potato





Red Onion



Zucchini



Carrot



Spring Onion



Cheddar Cheese







Chilli Flakes (Optional)



Mixed Salad



Pepitas





Babaganoush



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!

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	1	2	
capsicum	1	2	
red onion	1/2	1	
zucchini	1	2	
carrot	1	2	
spring onion	2 stems	4 stems	
Cheddar cheese	1 medium packet	1 large packet	
plain flour*	½ cup	1 cup	
vegetable stock pot	1 medium packet	2 medium packets	
egg*	1	2	
salt*	1/4 tsp	½ tsp	
chilli flakes ∮ (optional)	pinch	pinch	
honey*	½ tsp	1 tsp	
vinegar* (white wine or balsamic)	drizzle	drizzle	
mixed salad leaves	1 small packet	1 medium packet	
pepitas	1 medium packet	1 large packet	
babaganoush	1 medium packet	2 medium 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
Dietary Fibre (g)	14.4g	2.3g
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
Dietary Fibre	14.4g	2.1g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- Cut sweet potato, capsicum and red onion (see ingredients) 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.



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!



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.



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.



Prep the salad

- While the fritters are cooking, combine the honey with a drizzle of 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.



Serve up

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

Custom Recipe: Divide bacon, zucchini, carrot and Cheddar fritters and roast veggie salad between plates to serve.

