



# CHEESY CHORIZO & SWEET POTATO FRITTERS

with Fresh Salad



Add chorizo to fritters



Sweet Potato



Mozzarella Cheese



Coriander



Chorizo



Carrot



Cucumber



Smoked Paprika



Dijon Mustard



Greek Yoghurt



Mixed Salad Leaves

Pantry Staples



Olive Oil



Plain Flour



Egg



Balsamic Vinegar

Hands-on: **30 mins**  
Ready in: **35 mins**

What did the carrot say to the chorizo? No, seriously, we don't know. As soon as we tried these golden cheesy fritters we gobbled them all up and now they ain't talkin'! Good thing this dish speaks for itself.



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **box grater**, **chef's knife**, **chopping board**, **large bowl**, **wooden spoon**, **plate**, **paper towel**, **large frying pan**, **spatula** and a **medium bowl**.



### 1 GET PREPPED

Grate the **sweet potato** (unpeeled) until you have **1 cup tightly packed for 2 people/ 2 cups tightly packed for 4 people**. Grate the **Mozzarella cheese**. Finely chop the **coriander** leaves. Remove and discard the skin from the **chorizo** and finely chop the chorizo meat. Grate the **carrot** (unpeeled). Dice the **cucumber**.



### 2 PREP THE FRITTER MIXTURE

In a large bowl, combine the grated **sweet potato**, **Mozzarella**, **coriander (1 tbs for 2 people) / 2 tbs for 4 people**, **chorizo meat**, **plain flour**, **egg** and **smoked paprika**. Season with a **pinch of salt** and **pepper** and mix well.



### 3 FORM THE FRITTERS

Take  $\frac{1}{4}$  cup of the **fritter mixture** into your hands and pack it tightly until it takes the shape of a fritter. Set the fritter aside. Repeat with the remaining fritter mixture (you should get 3-4 fritters per person).



### 4 COOK THE FRITTERS

Add enough **olive oil** to coat the base of a large frying pan and heat over a medium-high heat. Add **3-4 fritters** to the pan and cook for **3 minutes** on each side, or until golden. Set aside on a plate lined with paper towel. Add another **dash of olive oil** (if needed) to the pan and repeat with the remaining fritters. **TIP:** Cooking the fritters in two batches gives them enough space to cook evenly.



### 5 MAKE THE SALAD

In a medium bowl, combine the **balsamic vinegar**, **Dijon mustard** and a **drizzle of olive oil**. Season to taste with a **pinch of salt** and **pepper**. Just before serving, add the **carrot**, **cucumber** and **mixed salad leaves** and toss to coat.



### 6 SERVE UP

Divide the cheesy chorizo and sweet potato fritters between plates. Serve with the fresh salad and a dollop of **Greek yoghurt** on the side.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	400 g	800 g
Mozzarella cheese	1 block (50 g)	2 blocks (100 g)
coriander 🌿	1 bunch	2 bunches
chorizo	1	2
carrot	1	2
cucumber	1	2
plain flour*	2 tbs	4 tbs
egg*	1	2
smoked paprika	1 sachet (2 tsp)	2 sachets (4 tsp)
balsamic vinegar*	2 tsp	4 tsp
Dijon mustard	$\frac{1}{2}$ tub (20 g)	1 tub (40 g)
mixed salad leaves	1 bag	2 bags
Greek yoghurt	1 tub (100 g)	2 tubs (200 g)

\*Pantry Items | 🌿 This ingredient can be found in your herb bag

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2610kJ (623Cal)	371kJ (89Cal)
Protein (g)	32.8g	4.7g
Fat, total (g)	20.9g	3.0g
- saturated (g)	9.7g	1.4g
Carbohydrate (g)	69.8g	10.0g
- sugars (g)	23.8g	3.4g
Sodium (g)	1150mg	164mg

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2017 | WK27 | C3

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