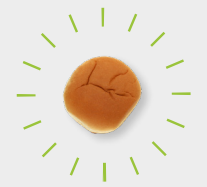




# CHEESY VEGETABLE FRITTER BURGER

with Smokey Sweet Potato Fries



Use loaded fritters to make a vegetarian burger



Sweet Potato



Paprika Spice Blend



Zucchini



Carrot



Garlic



Spring Onion



Chives



Tomato



Grated Parmesan Cheese



Chilli Flakes (Optional)



Bake-At-Home Burger Bun



Smokey Aioli



Mixed Salad Leaves

Hands-on: **25 mins**  
Ready in: **30 mins**  
Spicy (optional chilli flakes)

Welcome to a new world of veggie burgers. Instead of a patty, you'll fry up a tasty fritter filled with grated veggies and Parmesan cheese, then pile it with salad on a brioche bun. With a smear of smokey aioli and sweet potato fries on the side, this is a burger for the record books!

**Pantry Staples:** Olive Oil, Egg, Milk, Plain Flour



# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- oven tray lined with **baking paper**
- large frying pan**



## 1 BAKE THE SWEET POTATO FRIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm fries and place on an oven tray lined with baking paper. Sprinkle with the **paprika spice blend**, **drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Bake for **25-30 minutes**, or until tender.  
**TIP:** Don't worry if the spices char a little, this adds to the flavour!



## 2 PREP THE VEG

While the fries are baking, grate the **zucchini** and squeeze out the excess moisture. Grate the **carrot** (unpeeled). Finely chop the **garlic** (or use a garlic press). Thinly slice the **spring onion**. Finely chop the **chives**. Thinly slice the **tomato**.



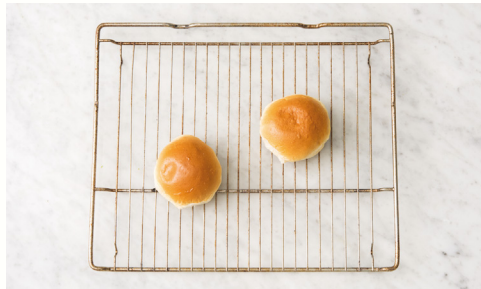
## 3 MAKE THE FRITTER MIXTURE

In a medium bowl, whisk the **egg**. Add the **zucchini, carrot, garlic, spring onion, chives, milk, grated Parmesan cheese, a pinch of chilli flakes** (if using), **plain flour, the salt** and a **pinch of pepper**. 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 a little more flour!



## 4 COOK THE FRITTERS

Coat the base of a large frying pan with **olive oil** and heat over a medium-high heat. When the oil is hot, place a spoonful of the mixture into the pan and flatten into patties using a spatula. You should get 2 fritters per person. Cook for **3-4 minutes** on each side, or until golden and cooked through, then transfer to a plate lined with paper towel.  
**TIP:** If your pan is getting crowded, cook in batches for the best results. Don't flip early to ensure the fritters can set and add extra oil as needed.



## 5 BAKE THE BURGER BUNS

While the patties are cooking, place the **bake-at-home burger buns** on a wire rack in the oven for **3 minutes**, or until heated through.



## 6 SERVE UP

Slice the burger buns in half and spread with **smokey aioli**. Top with the fritters, a handful of **mixed salad leaves** and sliced tomato. Serve with the sweet potato fries.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	2	4
paprika spice blend	1 sachet	2 sachets
zucchini	1	2
carrot	1	2
garlic	1 clove	2 cloves
spring onion	1 bunch	1 bunch
chives	1 bunch	1 bunch
tomato	1	2
egg*	1	2
milk*	1 tbs	2 tbs
grated Parmesan cheese	1 packet (30 g)	2 packets (60 g)
chilli flakes (optional)	pinch	pinch
plain flour*	½ cup	¾ cup
salt*	½ tsp	1 tsp
bake-at-home burger bun	2	4
smokey aioli	1 tub (50 g)	1 tub (100 g)
mixed salad leaves	1 bag (30 g)	1 bag (60 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3380kJ (806Cal)	491kJ (117Cal)
Protein (g)	27.1g	3.9g
Fat, total (g)	31.4g	4.6g
- saturated (g)	8.6g	1.2g
Carbohydrate (g)	92.9g	13.5g
- sugars (g)	25.2g	3.7g
Sodium (g)	1230mg	179mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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