



Plant-Based Indian Fritter Burger

with Fries & Slaw

Grab your Meal Kit with this symbol



Potato



Carrot



Sweetcorn



Tomato



Plant-Based Shredded Cheddar Cheese



Mumbai Spice Blend



Plant-Based Burger Buns



Slaw Mix



Plant-Based Mayonnaise

Hands-on: **25-35 mins**
Ready in: **30-40 mins**

Plant Based

We've omitted the egg, and swapped regular cheese for plant-based Cheddar to bring you these fabulous plant-based fritters! Spike them with our mild Mumbai spice blend, and serve stacked in a warm burger bun with all the trimmings.

Pantry items

Olive Oil, Plain Flour, Plant-Based Milk, White Wine Vinegar

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
potato	2	4
carrot	½	1
sweetcorn	1 tin (125g)	1 tin (300g)
tomato	1	2
plant-based shredded Cheddar cheese	1 medium packet	1 large packet
Mumbai spice blend	1 medium sachet	1 large sachet
plain flour*	¼ cup	½ cup
plant-based milk*	3 tbs	½ cup
plant-based burger buns	2	4
slaw mix	1 small bag	1 large bag
white wine vinegar*	drizzle	drizzle
plant-based mayonnaise	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2819kJ (674Cal)	469kJ (112Cal)
Protein (g)	16.7g	2.8g
Fat, total (g)	28g	4.7g
- saturated (g)	6.9g	1.1g
Carbohydrate (g)	95.1g	15.8g
- sugars (g)	18.1g	3g
Sodium (mg)	1427mg	238mg

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.

1



Bake the fries

Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

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

2



Get prepped

Grate **carrot** (see ingredients), then squeeze out any excess moisture using a paper towel. Drain **sweetcorn**. Thinly slice **tomato**.

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

3



Make the fritter mixture

In a large bowl, combine **plant-based shredded Cheddar cheese**, **carrot**, **corn** and **Mumbai spice blend**. Add the **plain flour**, **plant-based milk** and a pinch of **salt** and **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

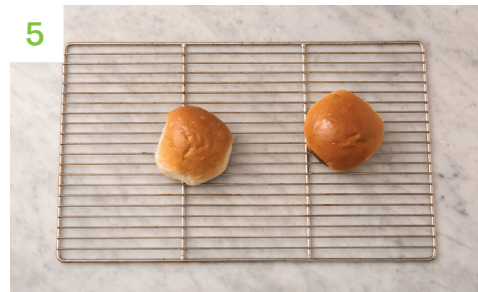


Cook the fritters

Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base. When oil is hot, add heaped tablespoons of the **fritter mixture** and flatten into patties using a spatula. Cook, in batches, until golden and cooked through, **3-4 minutes** each side (don't flip too early!) Transfer to a paper-towel lined plate. You should get 2-3 fritters per person.

TIP: Add extra oil if needed to ensure the fritters don't stick to the bottom of the pan.

5



Prep the buns & slaw

When fries have **5 minutes** remaining, place **plant-based burger buns** on a wire rack in the oven. Bake until heated through, **3 minutes**. Meanwhile, combine **slaw mix** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season to taste.

6



Serve up

Slice burger buns in half. Spread the bases with **plant-based mayonnaise**. Top with two plant-based Indian fritters, tomato and some slaw. Serve with fries and any remaining fritters and slaw.

Enjoy!

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