



Spring Onion, Corn & Fetta Fritters

with Roast Veggie Toss

Grab your Meal Kit
with this symbol



Sweet Potato



Beetroot



Red Onion



Walnuts



Spring Onion



Long Red Chilli
(Optional)



Mint



Garlic



Sweetcorn



Carrot



Lemon



Vegetable Stock



Garlic & Herb
Seasoning



Fetta




Baby Spinach
Leaves



Dill & Parsley
Mayonnaise

 Hands-on: **30-40 mins**
Ready in: **35-45 mins**

 Spicy (optional
long red chilli)

The secret to the success of these moreish veggie fritters is charring the corn in a dry frying pan before mixing them with the other ingredients. It gives an amazing smokey flavour that you won't be able to get enough of!

Pantry items

Olive Oil, Plain Flour, Egg, Milk

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
sweet potato	1	2
beetroot	1	2
red onion	1	2
walnuts	1 packet	2 packets
spring onion	1 bunch	1 bunch
long red chilli (optional)	1	2
mint	1 bunch	1 bunch
garlic	3 cloves	6 cloves
sweetcorn	1 tin (300g)	2 tins (600g)
carrot	1	2
lemon	½	1
plain flour*	½ cup	1 cup
egg*	1	2
milk*	2 tsp	1 tbs
vegetable stock	1 cube	2 cubes
garlic & herb seasoning	1 sachet	2 sachets
fetta	1 block (50g)	1 block (100g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
dill & parsley mayonnaise	1 tub (50g)	1 tub (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3395kJ (811Cal)	460kJ (109Cal)
Protein (g)	25.3g	3.4g
Fat, total (g)	41.9g	5.7g
- saturated (g)	8.1g	1.1g
Carbohydrate (g)	75g	10.2g
- sugars (g)	35.4g	4.8g
Sodium (mg)	1687mg	229mg

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. Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm chunks. Cut the **beetroot** (unpeeled) into 1cm chunks. Cut the **red onion** into 3cm wedges. Place the **veggies** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **25 minutes**. Add the **walnuts** to the side of the tray, return to the oven and bake until golden, **3-4 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



4. Cook the fritters

Coat the base of a large frying pan with **olive oil** and place over a medium-high heat. When the oil is hot, add **1/4 cup** of the **fritter mixture** to the pan and flatten into a patty using a spatula. Repeat with the **remaining mixture**, adding extra oil as needed. Cook until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Give the fritters time to set before flipping them!



2. Get prepped

While the veggies are roasting, thinly slice the **spring onion**. Thinly slice the **long red chilli** (if using). Pick and finely chop the **mint** leaves. Finely chop the **garlic** (or use a garlic press). Drain the **sweetcorn**. Grate the **carrot** (unpeeled). Zest the **lemon** to get a **pinch**, then slice into wedges (**see ingredients list**).



5. Make the roast veggie toss

In a medium bowl, combine the **roasted veggies**, **baby spinach leaves**, **remaining fetta** and a **squeeze** of **lemon juice**. Season with **salt** and **pepper** and toss to coat.



3. Make the fritter mixture

Heat a large frying pan over a high heat. When the pan is hot, add the **sweetcorn** and cook, tossing, until charred, **5 minutes**. Transfer to a medium bowl. Squeeze out excess moisture from the **carrot**, then add to the bowl. Add the **chilli** (if using), **mint**, **spring onion**, **garlic**, **lemon zest**, **plain flour**, **egg**, **milk**, crumbled **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**), **garlic & herb seasoning** and crumble in **1/2** the **fetta**. Season with a **pinch** of **pepper** and stir well to combine.

TIP: Take out a spoonful of the mixture and see if it holds its shape. If it's too wet, add a little more flour!



6. Serve up

Roughly chop the roasted walnuts. Divide the roast veggie toss and spring onion, corn and fetta fritters between plates. Sprinkle with the walnuts and serve with the **dill & parsley mayonnaise** and any remaining lemon wedges.

Enjoy!