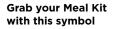


Spring Onion, Corn & Fetta Fritters

with Roast Veggie Toss









Sweet Potato

Beetroot





Red Onion







Spring Onion

Long Red Chilli (Optional)





Mint





Carrot

Sweetcorn



Lemon

Vegetable Stock





Garlic & Herb Seasoning

Fetta







Baby Spinach Leaves

Dill & Parsley Mayonnaise



Olive Oil, Plain Flour, Egg, Milk





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!

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

ingicalcing		
	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	1/2	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.

Please call us with any questions or concerns | (02) 8188 8722 hello@hellofresh.com.au 2020 | CW34





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.



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).



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!



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!



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.



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!