

Zucchini, Carrot & Cheddar Fritters

with Roast Veggie Salad & Babaganoush

Grab your Meal Kit with this symbol



Beetroot



Sweet Potato



Zucchini



Carrot



Spring Onion



Chilli Flakes (Optional)



Mixed Salad Leaves



Pepitas



Shredded Cheddar Cheese



Vegetable Stock Pot



Babaganoush

Prep in: 30-40 mins
Ready in: 35-45 mins

 Calorie Smart

 Naturally Gluten-Free
Not suitable for coeliacs

There's no better way to get your veggies than by adding them to cheesy, golden fritters. With an extra dose of goodness from the greens and our creamy babaganoush, this inviting dish tastes every bit as good as it looks!

Pantry items

Olive Oil, Plain Flour (or Gluten-Free Plain Flour), Egg, Honey, 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
beetroot	1	2
sweet potato	1	2
zucchini	1	2
carrot	1	2
spring onion	1 stems	2 stems
shredded Cheddar cheese	1 medium packet	1 large packet
plain flour* (or gluten-free plain flour)	½ cup	1 cup
vegetable stock pot	1 packet (20g)	1 packet (40g)
egg*	1	2
salt*	¼ tsp	½ tsp
chilli flakes (optional)	pinch	pinch
honey*	½ tsp	1 tsp
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
pepitas	1 medium packet	1 large packet
babaganoush	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2453kJ (586Cal)	476kJ (114Cal)
Protein (g)	22.5g	4.4g
Fat, total (g)	28g	5.4g
- saturated (g)	8.7g	1.7g
Carbohydrate (g)	57.3g	11.1g
- sugars (g)	24.9g	4.8g
Sodium (mg)	1373mg	266mg

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.



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **beetroot** into small chunks. Cut **sweet potato** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**. Set aside to slightly cool.

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

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Cook the fritters

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

TIP: Add extra olive oil between batches as needed.



Get prepped

- Meanwhile, grate **zucchini**, then squeeze out any excess moisture with a paper towel (this will help the fritters crisp up in the pan!).
- Grate **carrot**. Thinly slice **spring onion**.



Prep the salad

- While the fritters are cooking, combine the **honey** with a drizzle of **white wine vinegar** and **olive oil** in a medium bowl.
- Season, then add **mixed salad leaves**, **pepitas** and the slightly cooled roast **veggies**.
- Gently toss to coat.



Make the fritter mixture

- In a medium bowl, combine **zucchini**, **carrot**, **spring onion**, **shredded Cheddar cheese**, the **plain flour**, **vegetable stock pot** and the **egg**.
- Add the **salt** and a pinch of **pepper** and **chilli flakes** (if using). Mix well.

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!



Serve up

- Divide zucchini, carrot and Cheddar fritters and roast veggie salad between plates.
- Serve with **babaganoush**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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