



Golden Zucchini, Carrot & Cheddar Fritters

with Sweet Potato Salad & Dill-Parsley Mayo

Grab your Meal Kit with this symbol



Beetroot



Sweet Potato



Zucchini



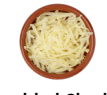
Carrot



Spring Onion



Pepitas



Shredded Cheddar Cheese



Chilli Flakes (Optional)



Vegetable Stock



Lemon



Mixed Salad Leaves



Dill & Parsley Mayonnaise

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

Spicy (optional chilli flakes)

Naturally gluten-free
Not suitable for Coeliacs

Low Calorie

There's no better way to get your veggies than by adding them to cheesy fritters, gently fried for a gorgeous finish. With an extra dose of goodness from the side salad and a delicious herby mayo, this is a colourful dish tastes every bit as good as it looks!

Pantry items

Olive Oil, Eggs, Plain Flour (or gluten-free flour), Honey

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 bunch	1 bunch
pepitas	1 packet	2 packets
eggs*	2	4
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
chilli flakes (optional)	pinch	pinch
vegetable stock	1 cube	2 cubes
plain flour* (or gluten-free flour)	¼ cup	½ cup
salt*	¼ tsp	½ tsp
lemon	½	1
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
dill & parsley	1 packet	1 packet
mayonnaise	(50g)	(100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2140kJ (512Cal)	430kJ (103Cal)
Protein (g)	26.5g	5.3g
Fat, total (g)	21.3g	4.3g
- saturated (g)	8.2g	1.6g
Carbohydrate (g)	51.0g	10.2g
- sugars (g)	17.4g	3.5g
Sodium (g)	969mg	194mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.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 **220°C/200°C fan-forced**. Cut the **beetroot** and **sweet potato** (unpeeled) into 1cm chunks. Place the **beetroot**, **sweet potato**, a **drizzle of olive oil** and a **pinch of salt and pepper** on an oven tray lined with baking paper. Toss to coat, then roast until tender, **20-25 minutes**.

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



4. Cook the fritters

Return the frying pan to a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, add 1/4 cup of the **fritter mixture** and flatten with a spatula. Repeat with the **remaining mixture**. Cook until golden, **3-4 minutes** each side. Transfer to a plate lined with paper towel. (Don't turn them too early to ensure the fritters have time to set, and add extra oil as needed).

TIP: If your pan is getting crowded, cook in batches for the best results.



2. Get prepped

While the veggies are roasting, grate the **zucchini**. Squeeze the excess moisture out of the **zucchini** with a clean tea towel. Grate the **carrot** (unpeeled). Thinly slice the **spring onion**. Heat a large frying pan over a medium-high heat. Add the **pepitas** and toast, tossing, until browned, **3-4 minutes**. Transfer to a plate.



5. Prep the salad

Cut the **lemon** (see ingredients list) into wedges. In a medium bowl, combine the **honey**, **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**) and a **small squeeze** of **lemon juice**. Season to taste with **salt** and **pepper**. Add the **roasted veggies**, **mixed salad leaves** and toasted **pepitas** to the bowl and toss to coat.



3. Make the fritter mixture

In a medium bowl, whisk the **eggs**. Add the **zucchini**, **carrot**, **spring onion**, **shredded Cheddar cheese**, a **pinch of chilli flakes** (if using) and crumbled **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**) and stir well to combine. Add the **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!



6. Serve up

Divide the zucchini, carrot and Cheddar fritters and sweet potato salad between plates. Serve with the **dill & parsley mayonnaise** and the remaining lemon wedges.

TIP: For the low-calorie option, omit the dill & parsley mayo.

Enjoy!