



Golden Zucchini, Carrot & Cheddar Fritters

with Babaganoush & Roast Veggie Salad

Grab your Meal Kit with this symbol



Beetroot



Potato



Zucchini



Carrot



Spring Onion



Shredded Cheddar Cheese



Chilli Flakes (Optional)



Vegetable Stock Pot



Lemon



Mixed Salad Leaves



Pepitas



Babaganoush

Hands-on: **30-40 mins**
 Ready in: **35-45 mins**
 Naturally Gluten-Free
Not suitable for coeliacs

Spicy (optional chilli flakes)
 Calorie Smart

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

The recent harsh weather conditions have impacted the zucchinis grown by our farmers. The quality and freshness is still the same, but they may be a little smaller than usual.

Pantry items

Olive Oil, Egg, Plain Flour (or Gluten-Free Plain 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
potato	1	2
zucchini	1	2
carrot	1	2
spring onion	2 stems	4 stems
egg*	1	2
shredded Cheddar cheese	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
vegetable stock pot	1 packet (20g)	1 packet (40g)
plain flour* (or gluten-free plain flour)	½ cup	1 cup
salt*	¼ tsp	½ tsp
lemon	½	1
honey*	½ tsp	1 tsp
mixed salad leaves	1 small bag (30g)	1 medium bag (60g)
pepitas	1 medium packet	1 large packet
babaganoush	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2526kJ (603Cal)	429kJ (102Cal)
Protein (g)	23.3g	4g
Fat, total (g)	28.2g	4.8g
- saturated (g)	8.7g	1.5g
Carbohydrate (g)	57.1g	9.7g
- sugars (g)	21.2g	3.6g
Sodium (mg)	1366mg	232mg

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 the oven to **220°C/200°C fan-forced**. Cut the **beetroot** and **potato** into bite-sized chunks and place on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



Cook the fritters

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base. When the oil is hot, cook heaped tablespoons of the **fritter mixture**, in batches, and flatten with a spatula. Cook until golden, **3-4 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Don't flip the fritters too early to ensure they have time to set, and add extra oil as needed.



Get prepped

While the veggies are roasting, grate the **zucchini**. Using a paper towel, squeeze the excess moisture out of the **zucchini**. Grate the **carrot**. Thinly slice the **spring onion**.



Prep the salad

Cut the **lemon** into wedges. In a medium bowl, combine the **honey**, a drizzle of **olive oil** and a small squeeze of **lemon juice**. Season. Add the **roasted veggies**, **mixed salad leaves** and **pepitas** and toss to coat.



Make the fritter mixture

In a medium bowl, whisk the **egg**. Add the **zucchini**, **carrot**, **spring onion**, **shredded Cheddar cheese**, a pinch of **chilli flakes** (if using) and **vegetable stock pot** 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!



Serve up

Divide the zucchini, carrot and Cheddar fritters and roast veggie salad between plates. Serve with the **babaganoush** and the remaining lemon wedges.

Enjoy!

Rate your recipe

Scan here to rate this recipe!

