



Golden Zucchini, Carrot & Cheddar Fritters

with Babaganoush & Roast Veggie Salad

Grab your Meal Kit with this symbol



Beetroot



Potato



Zucchini



Carrot



Spring Onion



Pepitas



Shredded Cheddar Cheese



Chilli Flakes (Optional)



Vegetable Stock Pot



Lemon



Mixed Salad Leaves



Babaganoush



Diced Bacon

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

Calorie Smart*

Naturally gluten-free
Not suitable for Coeliacs

Spicy (optional chilli flakes)

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, this colourful dish tastes every bit as good as it looks!



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, 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
potato	1	2
zucchini	1	2
carrot	1	2
spring onion	2 stems	4 stems
pepitats	1 packet	2 packets
egg*	1	2
shredded Cheddar cheese	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
vegetable stock pot	1 tub (20g)	1 tub (40g)
plain flour* (or gluten-free flour)	½ cup	1 cup
salt*	¼ tsp	½ tsp
lemon	½	1
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
babaganoush	1 packet	2 packets
diced bacon**	1 packet (90g)	2 packets (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2621kJ (626Cal)	428kJ (102Cal)
Protein (g)	22.8g	3.7g
Fat, total (g)	31.9g	5.2g
- saturated (g)	8.2g	1.3g
Carbohydrate (g)	56.6g	9.2g
- sugars (g)	21.9g	3.6g
Sodium (mg)	1328mg	217mg
Custom Recipe	Per Serving	Per 100g
Energy (kJ)	3744kJ (894Cal)	871kJ (208Cal)
Protein (g)	44.9g	10.4g
Fat, total (g)	41.6g	9.7g
- saturated (g)	17.5g	4.1g
Carbohydrate (g)	80.6g	18.7g
- sugars (g)	11.9g	2.8g
Sodium (mg)	1292mg	301mg

The quantities provided above are averages only.

*Custom recipe is not Calorie Smart.

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **beetroot** and **potato** into small chunks. Place the veggies 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

Return the frying pan to a medium-high heat and add enough **olive oil** to coat the base. When the oil is hot, cook 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**. Squeeze the excess moisture out of the **zucchini**. Grate the **carrot**. Thinly slice the **spring onion**. Heat a large frying pan over a medium-high heat. Add the **pepitats** and toast, tossing, until golden, **3-4 minutes**. Transfer to a small bowl.



Prep the salad

Cut the **lemon** 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. Add the roasted **veggies**, **mixed salad leaves** and **pepitats** to the bowl and toss to coat.



Make the fritter mixture

In a medium bowl, whisk the **egg**. Add the **zucchini**, **carrot**, **spring onion**, **shredded Cheddar cheese**, **chilli flakes** (if using) and **vegetable stock pot**. Stir to combine. Add the **plain flour**, the **salt** and season with **pepper**. Stir to combine.

TIP: Lift out some of the mixture with a spoon, if it doesn't hold its shape, add a little more flour!



CUSTOM RECIPE

Heat a large frying pan over a medium-high heat. Cook diced bacon, breaking up with a spoon, until golden, 4-5 minutes. Add to fritter mixture.



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!