



Plant-Based Indian Fritter Burger

with Fries & Slaw

Grab your Meal Kit with this symbol



Potato



Carrot



Sweetcorn



Tomato



Plant-Based Shredded Cheddar Cheese



Mumbai Spice Blend



Plant-Based Burger Buns



Slaw Mix



Plant-Based Mayonnaise

Hands-on: 25-35 mins
Ready in: 30-40 mins

Plant Based

We've omitted the egg, and swapped regular cheese for plant-based Cheddar to bring you these fabulous plant-based fritters! Spike them with our mild Mumbai spice blend, and serve stacked in a warm burger bun with all the trimmings.

Pantry items

Olive Oil, Plain Flour, Plant-Based Milk, 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 |
| potato | 2 | 4 |
| carrot | ½ | 1 |
| sweetcorn | 1 tin (125g) | 1 tin (300g) |
| tomato | 1 | 2 |
| plant-based shredded Cheddar cheese | 1 medium packet | 1 large packet |
| Mumbai spice blend | 1 medium sachet | 1 large sachet |
| plain flour* | ¼ cup | ½ cup |
| plant-based milk* | 3 tbs | ½ cup |
| plant-based burger buns | 2 | 4 |
| slaw mix | 1 small bag | 1 large bag |
| white wine vinegar* | drizzle | drizzle |
| plant-based mayonnaise | 1 medium packet | 1 large packet |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 2819kJ (674Cal) | 469kJ (112Cal) |
| Protein (g) | 16.7g | 2.8g |
| Fat, total (g) | 28g | 4.7g |
| - saturated (g) | 6.9g | 1.1g |
| Carbohydrate (g) | 95.1g | 15.8g |
| - sugars (g) | 18.1g | 3g |
| Sodium (mg) | 1427mg | 238mg |

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.

1



Bake the fries

Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

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

2



Get prepped

Grate **carrot** (see ingredients), then squeeze out any excess moisture using a paper towel. Drain **sweetcorn**. Thinly slice **tomato**.

TIP: Removing excess liquid from the carrot will help the fritters crisp up in the pan!

3



Make the fritter mixture

In a large bowl, combine **plant-based shredded Cheddar cheese**, **carrot**, **corn** and **Mumbai spice blend**. Add the **plain flour**, **plant-based milk** and a pinch of **salt** and **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!

4



Cook the fritters

Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base. When oil is hot, add heaped tablespoons of the **fritter mixture** and flatten into patties using a spatula. Cook, in batches, until golden and cooked through, **3-4 minutes** each side (don't flip too early!) Transfer to a paper-towel lined plate. You should get 2-3 fritters per person.

TIP: Add extra oil if needed to ensure the fritters don't stick to the bottom of the pan.

5



Prep the buns & slaw

When fries have **5 minutes** remaining, place **plant-based burger buns** on a wire rack in the oven. Bake until heated through, **3 minutes**. Meanwhile, combine **slaw mix** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season to taste.

6



Serve up

Slice burger buns in half. Spread the bases with **plant-based mayonnaise**. Top with two plant-based Indian fritters, tomato and some slaw. Serve with fries and any remaining fritters and slaw.

Enjoy!

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