



Spring Onion, Sweetcorn & Feta Fritters

with Toasted Almonds

Grab your Meal Kit with this symbol



Beetroot



Kumara



Red Onion



Flaked Almonds



Spring Onion



Long Green Chilli (Optional)



Mint



Garlic



Sweetcorn



Carrot



Vegetable Stock



Feta



Baby Spinach Leaves



Dill & Parsley Mayonnaise

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

Spicy (optional long green chilli)

The secret to the success of these moreish veggie fritters is charring the corn and spring onion in a dry frying pan before mixing them with the other ingredients. It gives an amazing smokey flavour that you won't be able to get enough of.

Pantry items

Olive Oil, Plain Flour, Milk, Egg

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
kumara	1 (medium)	1 (large)
red onion	1 (medium)	1 (large)
flaked almonds	1 packet	2 packets
spring onion	1 bunch	1 bunch
long green chilli (optional)	½	1
mint	1 bunch	1 bunch
garlic	1 clove	2 cloves
sweetcorn	½ tin	1 tin
carrot	1	2
plain flour*	½ cup	1 cup
milk*	2 tbs	¼ cup
egg*	1	2
vegetable stock	1 sachet	1 sachet
salt*	¼ tsp	½ tsp
feta	1 block (50g)	1 block (100g)
baby spinach leaves	1 bag (30g)	1 bag (60g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2790kJ (665Cal)	472kJ (113Cal)
Protein (g)	24.3g	4.1g
Fat, total (g)	29.0g	4.9g
- saturated (g)	6.4g	1.1g
Carbohydrate (g)	71.8g	12.2g
- sugars (g)	24.2g	4.1g
Sodium (g)	1260mg	213mg

Allergens

Please visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Roast the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **beetroot** and **kumara** (both unpeeled) into 1cm chunks. Slice the **red onion** into 3cm wedges. Place the **veggies** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **25 minutes**. Add the **flaked almonds** to the side of the tray with the veggies, return to the oven and roast until golden, **3-4 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 with enough **olive oil** to coat the base of the pan. When the oil is hot, add **1/4 cup** of the **fritter mixture** to the pan and flatten into a patty using a spatula. Repeat with some of the **remaining mixture**. Cook until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel. Repeat with the **remaining fritter mixture**.

TIP: Add extra olive oil if needed.

TIP: Give the fritters time to set before flipping them!



2. Get prepped

While the veggies are roasting, thinly slice the **spring onion**. Thinly slice the **long green chilli** (see ingredients list), if using. Pick and finely chop the **mint** leaves. Finely chop the **garlic** (or use a garlic press). Drain the **sweetcorn** (see ingredients list). Grate the **carrot** (unpeeled).



3. Make the fritter mixture

Heat a large frying pan over a high heat. When the pan is hot, add the **spring onion** and **sweetcorn** and cook, tossing, until charred, **5 minutes**. Transfer to a medium bowl. Squeeze out excess moisture from the **carrot** using a clean cloth or paper towel, then add to the bowl. Add the **chilli** (if using), **mint**, **garlic**, **plain flour**, **milk**, **egg**, **vegetable stock**, the **salt** and crumble in **1/2** the **feta**. Season with a **pinch** of **pepper** and stir well to combine.

TIP: Take out a spoonful of the mixture and see if it holds its shape. If it's too wet, add a little more flour!



5. Make the roast veggie toss

In a medium bowl, combine the roasted **veggies**, **baby spinach leaves** and **remaining feta**. Season with **salt** and **pepper** and toss to coat.



6. Serve up

Divide the roast veggie toss and fritters between plates. Sprinkle with the toasted almonds and serve with the **dill & parsley mayonnaise**.

Enjoy!