



Zucchini, Carrot & Cheddar Fritters

with Roast Veggie Salad & Babaganoush

Grab your Meal Kit
with this symbol



Beetroot



Sweet Potato



Zucchini



Carrot



Spring Onion



Shredded Cheddar
Cheese



Vegetable Stock
Pot



Chilli Flakes
(Optional)



Mixed Salad
Leaves



Pepitas



Babaganoush

There's no better way to get your veggies than by adding them to cheesy, golden fritters. With an extra dose of goodness from the greens and our creamy babaganoush, this inviting dish tastes every bit as good as it looks!

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

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

Calorie Smart
Spicy (optional
chilli flakes)

Pantry items

Olive Oil, Plain Flour (or Gluten-Free Plain Flour), Egg, Honey, 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 refer to method	4 People refer to method
olive oil*		
beetroot	1	2
sweet potato	1	2
zucchini	1	2
carrot	1	2
spring onion	2 stems	4 stems
shredded Cheddar cheese	1 medium packet	1 large packet
plain flour* (or gluten-free plain flour)	½ cup	1 cup
vegetable stock pot	1 packet (20g)	1 packet (40g)
egg*	1	2
salt*	¼ tsp	½ tsp
chilli flakes (optional)	pinch	pinch
honey*	½ tsp	1 tsp
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
pepitas	1 packet	2 packets
babaganoush	1 packet	2 packets

*Pantry items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2519kJ (602Cal)	446kJ (107Cal)
Protein (g)	22.8g	4g
Fat, total (g)	28.2g	5g
- saturated (g)	8.7g	1.5g
Carbohydrate (g)	57.9g	10.2g
- sugars (g)	25.7g	10.2g
Sodium (mg)	1373mg	243mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/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** into small cubes. Cut the **sweet potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: If your tray is getting crowded, divide the veggies between two trays.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Get prepped

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



Make the fritter mixture

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



Cook the fritters

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

TIP: Add extra olive oil between batches as needed.



Prep the salad

While the fritters are cooking, combine the **honey** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season, then add the **roasted veggies**, **mixed salad leaves** and **pepitas**. Gently toss to coat.



Serve up

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

Enjoy!

