



Zucchini, Carrot & Cheddar Fritters

with Roast Veggie Salad & Babaganoush

Grab your Meal Kit
with this symbol



Beetroot



Sweet Potato



Zucchini



Carrot



Herbs



Shredded Cheddar Cheese



Vegetable Stock Pot



Chilli Flakes (Optional)



Mixed Leaves



Pepitas



Babaganoush

Pantry items

Olive Oil, Plain Flour (or Gluten-Free Plain Flour), Egg, Honey, White Wine Vinegar

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, 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!

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
herbs	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 leaves	1 small bag	1 medium bag
pepitas	1 medium packet	1 large packet
babaganoush	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2472kJ (591Cal)	480kJ (115Cal)
Protein (g)	22.2g	4.3g
Fat, total (g)	28g	5.4g
- saturated (g)	8.7g	1.7g
Carbohydrate (g)	57.4g	11.1g
- sugars (g)	24.9g	4.8g
Sodium (mg)	1372mg	266mg

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 oven to **220°C/200°C fan-forced**. Cut **beetroot** into small chunks. Cut **sweet potato** into bite-sized chunks. Place **veggies** on a lined oven tray (if your tray is getting crowded, divide veggies between two trays). Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**. Set aside to slightly cool.

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 **zucchini**, then squeeze out any excess moisture with a paper towel (this will help the fritters crisp up in the pan!). Grate the **carrot**. Thinly slice **herbs**.



Make the fritter mixture

In a medium bowl, combine **zucchini**, **carrot**, **herbs**, **shredded Cheddar cheese**, the **plain flour**, **vegetable stock pot**, **egg**, the **salt** and a pinch of **pepper**. Add 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

In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat. When 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 paper towel-lined plate. You should get 3-4 fritters per person.

TIP: Add extra olive oil between batches as needed.



Toss 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 slightly cooled roasted **veggies**, the **mixed leaves** and **pepitas**. Gently toss to coat.



Serve up

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

Enjoy!

