



Everything  
But The Chef

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WK26  
2015



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## Carrot and Haloumi Stack with Minted Zucchini Salad

They say love is the glue that holds a family together, but we've done extensive field research and have discovered that it is in fact, cheese. Gather your loved ones and stack these fritters high, it's like a delicious game of Jenga that everyone will want to play.



Prep: 20 mins

Cook: 15 mins

Total: 35 mins



level 2



veggie



4 pantry items



Cumin Seeds



Haloumi



Carrot



Spring Onions



Lebanese Bread



Lemon



Rocket



Zucchini



Mint

2P	4P	Ingredients
½ tsp	1 tsp	HelloFresh Cumin Seeds
1 block	2 blocks	haloumi
2	4	carrots, peeled & grated <b>A</b>
1 bunch	2 bunches	spring onion, finely sliced
2 tbs	4 tbs	plain flour *
1	2	egg, lightly whisked *
¼ cup	½ cup	olive oil *
3	4	Lebanese bread
½	1	lemon, juiced
1 tsp	2 tsp	honey *
70 g	140 g	rocket, washed
1	2	zucchini, cut into ribbons <b>⊕</b>
1 bunch	2 bunches	mint, leaves picked <b>⊕</b>

**⊕** May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	3390	Kj
Protein	38.5	g
Fat, total	75.7	g
-saturated	27.9	g
Carbohydrate	27.3	g
-sugars	14.1	g
Sodium	125	mg

#### Measuretool

0 cm	1 cm	2 cm



**1** Preheat the oven to **160°C/140°C** fan-forced. Line an oven tray with baking paper.



**2** Heat a small frying pan over a medium-high heat and add the **HelloFresh Cumin Seeds**. Toast the seeds by moving them around the pan for about **1 minute** or until fragrant. Remove from the heat.



**3** Coarsely grate half of the **haloumi** using a box grater. Cut the remaining haloumi into **1 cm** thick slices and set aside. Squeeze the excess moisture from the **carrots** and combine with the grated haloumi, **spring onion**, toasted cumin seeds, **plain flour**, and **egg**. Season with **pepper**. Form the mixture into round fritters, packing tightly with your hands.



**4** Heat the **olive oil** in a large frying pan over a medium-high heat. Gently add the fritters and cook for **3-4 minutes** on each side or until golden. Remove them carefully and place on the prepared oven tray. Place in the oven to keep warm. If you'd like to serve your **Lebanese bread** warm add it to the oven now. Heat a little olive oil in the same frying pan over a medium-high heat. Add the haloumi slices and cook for **1-2 minutes** on each side, or until golden.

**5** Combine equal parts olive oil and **lemon juice** with the **honey**. Combine the **rocket**, **zucchini** and **mint**. Drizzle with the lemon dressing.

**6** Divide and stack the fritters and haloumi slices and serve with the minted zucchini salad and warm Lebanese bread.

**Did you know?** Vitamins found in carrots can help promote overall eye health, but won't ever give you night vision!