



Everything  
But The Chef

hello@hellofresh.com.au | 02 81 888 722

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## Zucchini Fritters with Tomato & Corn Salsa

Fritters are such a simple, effective and impressive dish! When you think about the ingredients involved, it's quite amazing that you can transform zucchini, flour, mint and cheese into a substantial and delicious meal! It's crucial that you let your salted, grated zucchini sit for a short time before shaping the fritters - if not, they'll taste gluey. Right now is the prime season for both corn and tomatoes, so you can guarantee that your salsa will be juicy, sweet and full of flavour.

**Prep:** 10 mins  
**Cook:** 30 mins  
**Total:** 40 mins

level 1  
 high fibre  
 low kJ

### Pantry Items



Plain Flour Olive Oil



Zucchini



Corn



Cherry Tomatoes



Lemon



Fetta Cheese



Mint



Rocket Leaves

2P	4P	Ingredients
3	6	zucchini, grated
1 cob	2 cobs	corn, husked
½ punnet	1 punnet	cherry tomatoes, quartered
½	1	lemon, zested & cut into wedges
1 block	2 blocks	fetta cheese, crumbled
1 bunch	2 bunches	mint, finely chopped
¼ cup	½ cup	plain flour *
2 tbs	4 tbs	olive oil *
1 bag	2 bags	rocket leaves, washed

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	1530	Kj
Protein	19.8	g
Fat, total	14.3	g
-saturated	7.9	g
Carbohydrate	33.5	g
-sugars	8.8	g
Sodium	560	mg

#### Measuretool

0 cm	1 cm	2 cm



**You will need:** *chopping board, chef's knife, zester, box grater, medium bowl, colander, oven tray lined with baking paper, chargrill pan, small bowl, clean tea towel, and a large salad bowl.*

**1** Place the **grated zucchini** in a colander over a bowl or sink and sprinkle with a good pinch of **salt**. Leave for **10 minutes**. The salt will help drain some of the liquid from the zucchini. This will ensure your fritters stick together well in the pan, so don't skip this step.



**2** Meanwhile, heat a lightly greased chargrill pan over a high heat. Add the **corn cob** and cook, turning occasionally, for **5 minutes** or until charred. Transfer the corn cob to a chopping board and using a sharp knife cut off the corn kernels. Combine the **cherry tomatoes** and corn kernels in a small bowl and drizzle with a little olive oil and the juice of half of the **lemon wedges**. Set aside.



**3** Place the drained zucchini in a muslin cloth or clean tea towel and squeeze out as much remaining liquid as you can. Transfer to a bowl and combine with the **fetta cheese**, **mint**, a pinch of the **lemon zest** (you can discard the rest) and the **plain flour**. The mixture should stick together really well. Form into patties (three per person).

**4** Heat the olive oil in a large frying pan over a medium-high heat. Add the fritters and cook for **1-2 minutes** on each side or until golden.

**5** Serve on a bed of **rocket leaves** with the tomato and corn salsa.



**Did you know?** Funnily enough, the zucchini is a close relative of the watermelon!