

Carrot & Haloumi Fritters with Fresh Cucumber Salad

Bear with us guys, cos this one is absolutely worth the effort. Perfectly balanced, every bite of this is giving you earthiness, richness, sweet and savoury. Carrot, cumin and haloumi come together for a delicious crispy fritter stack, while cucumber, mint and honey cut through with a beautiful fresh hit.

















Haloumi





Spring Onion



Lemon



Rocket



Cucumber



Mint

2P	4P	Ingredients	
1 block	2 blocks	haloumi	
2	4	carrots, peeled & grated	
1 bunch	2 bunches	spring onions, finely sliced	
2 tbs	4 tbs	plain flour *	
1	2	egg, lightly whisked *	
⅓ cup	½ cup	olive oil *	
1/2	1	lemon, juiced	+
1 tsp	2 tsp	honey *	
1 bag	2 bags	rocket, washed	
1	2	cucumber, peeled into ribbons	
1 bunch	2 bunches	mint, leaves picked	

Ingredient features in another recipe

Pantry Items

Pre-preparation

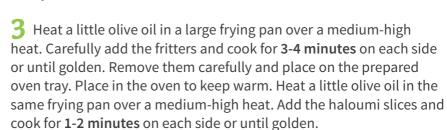
Nutrition per serve

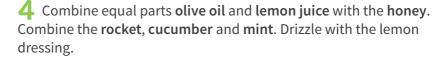
1460	
2400	Kj
28	g
12.1	g
18.8	g
21.2	g
12.3	g
L370	mg
	28 42.1 18.8 21.2 12.3



You will need: chef's knife, chopping board, vegetable peeler, box grater, small frying pan, large frying pan and an oven tray lined with baking paper.

- Preheat the oven to 160°C/140°C fan-forced.
- 2 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, then combine with the grated haloumi, spring onion, plain flour and egg in a medium bowl. Season with pepper. Form the mixture into round fritters, packing tightly with your hands.





5 Divide and stack the fritters and haloumi slices and serve with the minted cucumber salad.







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