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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.



Prep: 25 mins

Cook: 15 mins

Total: 40 mins



level 2

Pantry Items



Plain Flour



Egg



Olive Oil



Honey



Haloumi



Carrot



Spring Onion



Lemon



Rocket



Cucumber



Mint

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| 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 * |
| ¼ cup | ½ cup | olive oil * |
| ½ | 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

| | | |
|--------------|------|----|
| Energy | 2460 | Kj |
| Protein | 28 | g |
| Fat, total | 42.1 | g |
| -saturated | 18.8 | g |
| Carbohydrate | 21.2 | g |
| -sugars | 12.3 | g |
| Sodium | 1370 | mg |



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.*

1 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.

3 Heat a little olive oil in a large frying pan over a medium-high heat. Carefully 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. 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.

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

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!

