



# Corn-Zucchini Fritters & Haloumi Stack

with Roast Sweet Potato Salad

Grab your Meal Kit with this symbol



Sweet Potato



Spring Onion



Coriander



Garlic



Sweetcorn



Carrot



Zucchini



Haloumi



Garlic & Herb Seasoning



Cucumber



Mixed Salad Leaves



Sweet Chilli Sauce



Diced Bacon

Prep in: **30-40 mins**  
Ready in: **35-45 mins**

Laced with fresh, fragrant herbs, these sweet-and-savoury fritters are the perfect marriage of flavours and easy cooking techniques. Stack them with squeaky, salty haloumi, plus a drizzle of sweet chilli sauce to tie everything together.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

## Pantry items

Olive Oil, Plain Flour, Egg, Honey, Vinegar (White Wine or Balsamic)

## Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
sweet potato	1	2
spring onion	1 stem	2 stems
coriander	1 bag	1 bag
garlic	2 cloves	4 cloves
sweetcorn	1 tin (125g)	1 tin (300g)
carrot	1	2
zucchini	1	2
haloumi	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
<b>plain flour*</b>	½ cup	1 cup
<b>egg*</b>	1	2
<b>salt*</b>	¼ tsp	½ tsp
cucumber	1	2
<b>honey*</b>	¼ tsp	½ tsp
<b>vinegar*</b> (white wine or balsamic)	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
sweet chilli sauce	1 medium packet	2 medium packets
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2897kJ (692Cal)	443kJ (106Cal)
Protein (g)	32.3g	4.9g
Fat, total (g)	33g	5g
- saturated (g)	16.3g	2.5g
Carbohydrate (g)	64.2g	9.8g
- sugars (g)	30.5g	4.7g
Sodium (mg)	2168mg	331mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3308kJ (791Cal)	473kJ (113Cal)
Protein (g)	39.4g	5.6g
Fat, total (g)	39.2g	5.6g
- saturated (g)	18.6g	2.7g
Carbohydrate (g)	65g	9.3g
- sugars (g)	31g	4.4g
Sodium (mg)	2615mg	374mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



1



## Roast the sweet potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide sweet potato between two trays.

4



## 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 **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 oil as needed so the fritters don't stick to the pan!

2



## Get prepped

- Meanwhile, thinly slice **spring onion**. Finely chop **coriander** (reserve some leaves for garnish!) and **garlic**. Drain **sweetcorn**.
- Grate **carrot** and **zucchini**, then squeeze out any excess moisture using a paper towel.
- Cut **haloumi** into 1cm-thick slices. In a medium bowl, add haloumi and cover with water to soak.

**TIP:** Removing excess liquid from the veggies will help the fritters crisp up in the pan!

**Custom Recipe:** If you've added diced bacon, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook bacon until golden, 5-6 minutes. Set aside.

5



## Cook the haloumi

- Drain **haloumi** and pat dry.
- Return pan to medium-high heat with a drizzle of **olive oil**. Cook **haloumi** until golden brown, **1-2 minutes** each side.
- Meanwhile, roughly chop **cucumber**. In a third medium bowl, combine the **honey**, the **vinegar** and a drizzle of **olive oil**. Season, then add **mixed salad leaves**, **cucumber** and **roasted sweet potato**. Toss to combine.

3



## Make the fritter mixture

- In a second medium bowl, combine **spring onion**, chopped **coriander**, **garlic**, **carrot**, **zucchini**, **corn**, **garlic & herb seasoning**, the **plain flour**, the **egg** and the **salt**.

**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!

**Custom Recipe:** Add the cooked diced bacon to the fritter mixture.

6



## Serve up

- Divide roasted sweet potato salad between plates.
- Stack corn-zucchini fritters and haloumi on each plate.
- Drizzle with **sweet chilli sauce**. Serve sprinkled with reserved coriander to serve. Enjoy!

## Rate your recipe

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