



Cheesy Veggie Fritter Burger

with Sweet Potato Fries

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Zucchini



Carrot



Garlic



Spring Onion



Tomato



Parmesan Cheese



All-American Spice Blend



Chilli Flakes (Optional)



Bake-At-Home Burger Buns



Smokey Aioli



Mixed Salad Leaves



Diced Bacon

Prep in: 25-5 mins
Ready in: 30-40 mins

Loaded with zucchini, carrot, Parmesan and spring onion, and served stacked in a brioche-style bun, you've never had veggie fritters or a veggie burger quite like this before! With a smear of smokey aioli, plus sweet potato fries, this dish is a real treat.

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

Pantry items

Olive Oil, Milk, Egg, Plain Flour

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
olive oil*	refer to method	refer to method
sweet potato	2	4
zucchini	1	2
carrot	1	2
garlic	1 clove	2 cloves
spring onion	1 stem	2 stems
tomato	1	2
milk*	2 tbs	¼ cup
egg*	1	2
Parmesan cheese	1 medium packet	1 large packet
All-American spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
chilli flakes (optional)	pinch	pinch
plain flour*	½ cup	1 cup
salt*	¼ tsp	½ tsp
bake-at-home burger buns	2	4
smokey aioli	2 medium packets	4 medium packets
mixed salad leaves	1 small bag	1 medium bag
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4013kJ (959Cal)	562kJ (134Cal)
Protein (g)	29.1g	4.1g
Fat, total (g)	41g	5.7g
- saturated (g)	8.8g	1.2g
Carbohydrate (g)	113.9g	16g
- sugars (g)	31.4g	4.4g
Sodium (mg)	1519mg	213mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4401kJ (1052Cal)	580kJ (139Cal)
Protein (g)	36g	4.7g
Fat, total (g)	47.8g	6.3g
- saturated (g)	11.3g	1.5g
Carbohydrate (g)	114.7g	15.1g
- sugars (g)	31.9g	4.2g
Sodium (mg)	1950mg	257mg

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 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



Bake the fries

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

TIP: If your oven tray is crowded, divide the fries between two trays.



Cook the fritters

- When fries have **10 minutes** remaining, heat a large frying pan over medium-high heat with enough **olive oil** to coat the base.
- When oil is hot, add heaped tablespoons of the **fritter mixture** in batches and flatten with a spatula. Cook until golden, **3-4 minutes** each side (don't flip too early, allow time for the fritters to set!). Transfer to a paper towel-lined plate. You should get 3-4 fritters per person.

TIP: Add extra olive oil between batches as needed.



Get prepped

- While fries are baking, grate **zucchini** and **carrot**, squeezing out any excess moisture with a paper towel.
- Finely chop **garlic**.
- Thinly slice **spring onion**.
- Thinly slice **tomato**.

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



Bake the burger buns

- While fritters are cooking, halve **bake-at-home burger buns** and bake directly on a wire oven rack until heated through, **2-3 minutes**.



Make the fritter mixture

- In a medium bowl, combine **zucchini**, **carrot**, **spring onion**, **garlic**, the **milk**, the **egg**, **Parmesan cheese**, **All-American spice blend**, a pinch of **chilli flakes** (if using), the **plain flour**, the **salt** and a pinch of **pepper**.

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: If you've added diced bacon, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook diced bacon, breaking up with a spoon, until golden, 6-7 minutes. Add cooked bacon to the fritter mix and continue as above.



Serve up

- Spread burger buns with a layer of **smokey aioli**. Top each bun base with two cheesy veggie fritters, a handful of **mixed salad leaves** and tomato slices.
- Serve with sweet potato fries and any remaining fritters and smoky aioli. Enjoy!

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate