



# Carrot-Ginger Fritters

with Asian-Style Sweet Potato Salad & Coconut Sweet Chilli Mayo

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Garlic



Long Chilli (Optional)



Spring Onion



Cucumber



Snacking Tomatoes



Southeast Asian Spice Blend



Ginger Paste



Spinach & Rocket Mix



Crushed Peanuts



Japanese Style Dressing



Coconut Sweet Chilli Mayonnaise



Haloumi

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



Calorie Smart\*

\*Custom Recipe is not Calorie Smart

These golden fritters are full of bright and flavoursome ingredients, with a hint of zingy ginger to make your tastebuds sing! Serve with a super satisfying salad, studded with roasted sesame sweet potato nuggets, and you have a brand new meal that you'll crave again and again. Don't forget to top the fritters with the tropical mayo before digging in.

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

### Pantry items

Olive Oil, 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                              |
|--|-----------------|---------------------------------------|
| <b>olive oil*</b>  | refer to method | refer to method                       |
| sweet potato   | 1               | 2                                     |
| carrot   | 2               | 4                                     |
| garlic   | 2 cloves        | 4 cloves                              |
| long chilli  (optional) | 1               | 2                                     |
| spring onion   | 1 stem          | 2 stems                               |
| cucumber   | 1               | 2                                     |
| snacking tomatoes  | 1 punnet        | 2 punnets                             |
| <b>egg*</b>  | 1               | 2                                     |
| Southeast Asian spice blend  | 1 medium sachet | 2 medium sachets<br>OR 1 large sachet |
| ginger paste   | 1 medium packet | 1 large packet                        |
| <b>plain flour*</b>  | 1/3 cup         | 2/3 cup                               |
| <b>salt*</b>   | 1/4 tsp         | 1/2 tsp                               |
| spinach & rocket mix   | 1 small bag     | 1 medium bag                          |
| crushed peanuts  | 1 packet        | 2 packets                             |
| Japanese style dressing  | 1 packet        | 2 packets                             |
| coconut sweet chilli mayonnaise (50g)  | 1 packet        | 1 packet (100g)                       |
| haloumi**  | 1 packet        | 2 packets                             |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2465kJ (589Cal) | 422kJ (101Cal) |
| Protein (g)      | 14.2g           | 2.4g           |
| Fat, total (g)   | 36.3g           | 6.2g           |
| - saturated (g)  | 4.2g            | 0.7g           |
| Carbohydrate (g) | 52.2g           | 8.9g           |
| - sugars (g)     | 23.5g           | 4g             |
| Sodium (mg)      | 1129mg          | 193mg          |

### Custom Recipe

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3617kJ (864Cal) | 537kJ (128Cal) |
| Protein (g)      | 31.3g           | 4.6g           |
| Fat, total (g)   | 59.1g           | 8.8g           |
| - saturated (g)  | 18.6g           | 2.8g           |
| Carbohydrate (g) | 53.4g           | 7.9g           |
| - sugars (g)     | 24.5g           | 3.6g           |
| Sodium (mg)      | 2164mg          | 321mg          |

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!

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1



## Roast the sweet potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks.
- Place **sweet potato** on a lined oven tray. Season with **salt** and **pepper** and drizzle with **olive oil**.
- Toss to coat, then roast until tender, **20-25 minutes**. Set aside to cool slightly.

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, flattening 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.

**Custom Recipe:** Drain haloumi and pat dry.

Before cooking the fritters, heat a large frying pan with a drizzle of olive oil over medium-high heat. Cook haloumi until golden brown, 1-2 minutes each side. Transfer to a plate. Continue as above.

2



## Prep the veggies

- Meanwhile, grate **carrot**, squeezing out any excess moisture using a paper towel.
- Finely chop **garlic** and **long chilli** (if using).
- Thinly slice **spring onion**.
- Thinly slice **cucumber** into rounds.
- Halve **snacking tomatoes**.

**TIP:** Removing the excess liquid from the carrot will help the fritters crisp up in the pan.

**Custom Recipe:** If you've added haloumi, cut haloumi into 1cm-thick slices. In a medium bowl, add haloumi and cover with water.

5



## Toss the salad

- While the fritters are cooking, in a large bowl, combine **spinach & rocket mix**, **cucumber**, **tomatoes** and **sweet potato**.
- Just before serving, add **crushed peanuts** and **Japanese style dressing**. Gently toss to coat. Season salad to taste.

3



## Make the fritter mixture

- In a medium bowl, whisk the **egg**.
- Add **carrot**, **spring onion**, **chilli**, **Southeast Asian spice blend**, **garlic**, **ginger paste**, the **plain flour**, the **salt** and a good pinch of **pepper**. Mix well to combine.

**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.

6



## Serve up

- Divide the carrot-ginger fritters and salad between plates.
- Top the fritters with **coconut sweet chilli mayonnaise** to serve. Enjoy!

## Rate your recipe

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