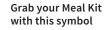


Carrot-Ginger Fritters
with Asian-Style Sweet Potato Salad & Coconut Sweet Chilli Mayo

CLIMATE SUPERSTAR









Sweet Potato











Cucumber

Spring Onion



Snacking Tomatoes



Southeast Asian Spice Blend



Ginger Paste







Crushed Peanuts



Japanese Style



Coconut Sweet Chilli Mayonnaise



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



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.

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 \cdot Large frying pan

Ingredients

ingredients				
	2 People	4 People		
olive oil*	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		
egg*	1	2		
Southeast Asian spice blend	1 medium sachet	2 medium sachets OR 1 large sachet		
ginger paste	1 medium packet	1 large packet		
plain flour*	⅓ cup	⅔ cup		
salt*	1/4 tsp	½ 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	1 packet (50g)	1 packet (100g)		
haloumi**	1 packet	2 packets		
at the state				

*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 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





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.



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.



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.



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.



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.



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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