



# 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: 25-35 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
<b>olive oil*</b>	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
<b>milk*</b>	2 tbs	¼ cup
<b>egg*</b>	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
<b>plain flour*</b>	½ cup	1 cup
<b>salt*</b>	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](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



## 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, 4-6 minutes. Add cooked bacon to the fritter mixture 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 smokey aioli. Enjoy!

## Rate your recipe

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