



# Asian-Style Carrot & Ginger Fritters

with Sweet Potato Salad & Coconut Sweet Chilli Mayo

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Garlic



Spring Onion



Cucumber



Snacking Tomatoes



Southeast Asian Spice Blend



Ginger Paste



Baby Spinach Leaves



Crushed Peanuts



Japanese Style Dressing



Coconut Sweet Chilli Mayonnaise



Chicken Tenderloins

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

Calorie Smart<sup>^</sup>  
<sup>^</sup>Custom recipe is not Calorie Smart

Eat Me Early\*  
\*Custom Recipe only

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 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
spring onion	1 stem	2 stems
cucumber	1	2
snacking tomatoes	1 medium packet	2 medium packets
<b>egg*</b>	1	2
Southeast Asian spice blend	1 medium sachet	1 large sachet
ginger paste	1 medium packet	1 large packet
<b>plain flour*</b>	½ cup	¾ cup
<b>salt*</b>	¼ tsp	½ tsp
baby spinach leaves	1 small packet	1 medium packet
crushed peanuts	1 medium packet	1 large packet
Japanese style dressing	1 medium packet	2 medium packets
coconut sweet chilli mayonnaise	1 medium packet	1 large packet
chicken tenderloins**	1 medium packet	2 medium packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2376kJ (568Cal)	467kJ (112Cal)
Protein (g)	13.7g	2.7g
Fat, total (g)	36.3g	7.1g
- saturated (g)	4.2g	0.8g
Carbohydrate (g)	47.4g	9.3g
- sugars (g)	19g	3.7g
Sodium (mg)	1094mg	215mg
Dietary Fibre (g)	12.8g	2.5g

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3092kJ (739Cal)	459kJ (110Cal)
Protein (g)	50.3g	7.5g
Fat, total (g)	38.8g	5.8g
- saturated (g)	5g	0.7g
Carbohydrate (g)	47.5g	7g
- sugars (g)	19g	2.8g
Sodium (mg)	1164mg	173mg
Dietary Fibre (g)	12.9g	1.9g

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.

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 slightly cool.

2



## Prep the veggies

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

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

3



## Make the fritter mixture

- In a medium bowl, whisk the **egg**.
- Add **carrot**, **spring onion**, **Southeast Asian spice blend**, **garlic**, **ginger paste**, the **plain flour**, **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.

**Custom Recipe:** If you've added chicken tenderloins, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chicken tenderloins, turning, until browned and cooked through (when no longer pink inside), 3-4 minutes each side.

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.

**TIP:** Add extra oil between batches as needed.

5



## Toss the salad

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

6



## Serve up

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

**Custom Recipe:** Divide carrot-ginger fritters, chicken and salad between bowls as above.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW19

