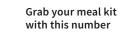


# Cheesy Zucchini Fritters & Veggie Salad with Birch & Waite Green Goddess Dressing











Zucchini





**Spring Onion** 





(Optional)



**Green Goddess** Dressing







Babaganoush





Pantry items Olive Oil, Plain Flour, Egg



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



perfectly with our cheesy veggie-loaded fritters. Gluten free\*, with no added preservatives, no artificial colours or flavours, you'll never want another salad dressing ever again!

### Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

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	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
capsicum	1	2
red onion	1/2	1
zucchini	1	2
carrot	1	2
spring onion	2 stems	4 stems
Cheddar cheese	1 medium packet	1 large packet
plain flour*	½ cup	1 cup
vegetable stock pot	1 packet	2 packets
egg*	1	2
salt*	1/4 tsp	½ tsp
chilli flakes ∮ (optional)	pinch	pinch
Green Goddess Dressing	1 packet	2 packets
mixed salad leaves	1 small packet	1 medium packet
pepitas	1 medium packet	1 large packet
babaganoush	1 packet	2 packets
*Pantry Items		

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2375kJ (568cal)	239kJ (57cal)
Protein (g)	22.4g	2.3g
Fat, total (g)	28.9g	2.9g
- saturated (g)	7.1g	0.7g
Carbohydrate (g)	53.2g	5.4g
- sugars (g)	20.8g	2.1g
Sodium (mg)	1380mg	139.1mg
Dietary Fibre (g)	13.1g	1.3g

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.

#### In collaboration with



Take your salads to the next level with Green Goddess Dressing. Fresh chilled, find it in the fresh produce fridge at Woolworths or Coles.

# We're here to help!



# Roast the veggies

- Preheat oven to 220°C/200°C fan-forced.
- Cut sweet potato, capsicum and red onion (see ingredients) into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with olive oil, season with salt and pepper, then toss to coat.
- · Roast until tender, 20-25 minutes. Set aside to cool slightly.

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



# Get prepped

- Meanwhile, grate zucchini and carrot, then squeeze out any excess moisture with a paper towel.
- Thinly slice spring onion.

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



### Make the fritter mixture

- In a medium bowl, combine zucchini, carrot, spring onion, Cheddar cheese, the plain flour, vegetable stock pot and the egg.
- Add the salt, a pinch of pepper and chilli flakes (if using). Mix well.

**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 the fritter mixture in batches, and flatten with a spatula. Cook until golden, **3-4 minutes** each side (don't flip too early!). You should get 3-4 fritters per person.
- Transfer to a paper towel-lined plate.

TIP: Add extra olive oil between batches as needed.



### Prep the salad

- · While the fritters are cooking, add Birch & Waite Green Goddess Dressing to a second medium bowl.
- Season, then add mixed salad leaves, pepitas and the slightly cooled **roast veggies**. Gently toss to coat.



### Serve up

- · Divide cheesy zucchini fritters and veggie salad between plates.
- Serve with babaganoush and Birch & Waite Green Goddess Dressing. Enjoy!



ADD GREEK-STYLE YOGHURT Dollop over fritters to serve.



ADD HALOUMI

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

