

Cheesy Zucchini Fritters & Veggie Salad











with Birch & Waite Green Goddess Dressing

NEW

Grab your meal kit with this number

8



-  Sweet Potato
-  Capsicum
-  Red Onion
-  Zucchini
-  Carrot
-  Spring Onion
-  Cheddar Cheese
-  Vegetable Stock Pot
-  Chilli Flakes (Optional)
-  Green Goddess Dressing
-  Mixed Salad Leaves
-  Pepitas
-  Babaganoush
-  Greek-Style Yoghurt
-  Haloumi

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

Bursting with garden herbs, zesty lemon and garlic, this stellar Green Goddess Dressing transforms a good salad into a spectacular one and pairs 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!

*Birch & Waite Green Goddess Dressing is gluten free, however, please be aware that the rest of the ingredients in this recipe may contain gluten.

Calorie Smart

Pantry items

Olive Oil, Plain Flour, Egg

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

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
capsicum	1	2
red onion	½	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*	¼ 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](https://www.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!

Scan here if you have any questions or concerns

2024 | CW45



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.



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.



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!



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.



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!



Serve up

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

CUSTOM OPTIONS

+ **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.

