

Zucchini, Carrot & Cheddar Fritters

with Roast Veggie Salad & Babaganoush

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Sweet Potato



Capsicum



Onion



Zucchini



Carrot



Cheddar Cheese



Vegetable Stock Pot



Chilli Flakes (Optional)



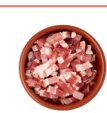
Mixed Salad Leaves



Pepitas



Babaganoush



Diced Bacon



Chicken Breast

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

Calorie Smart

There's no better way to get your veggies than by adding them to cheesy, golden fritters. With an extra dose of goodness from the roast veg and salad greens, plus our creamy babaganoush for dipping, this inviting dish tastes every bit as good as it looks!

Pantry items

Olive Oil, Plain Flour, Egg, Honey, Vinegar (White Wine or Balsamic)

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
onion	½	1
zucchini	1	2
carrot	1	2
Cheddar cheese	1 medium packet	1 large packet
plain flour*	½ cup	1 cup
vegetable stock pot	1 small packet	1 medium packet
egg*	1	2
salt*	¼ tsp	½ tsp
chilli flakes  (optional)	pinch	pinch
honey*	½ tsp	1 tsp
vinegar* (white wine or balsamic)	drizzle	drizzle
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)	2182kJ (521Cal)	521kJ (124Cal)
Protein (g)	19.7g	4.7g
Fat, total (g)	25.9g	6.2g
- saturated (g)	6.9g	1.6g
Carbohydrate (g)	51.3g	12.3g
- sugars (g)	19.1g	4.6g
Sodium (mg)	1282mg	306mg
Dietary Fibre (g)	11.5g	2.7g

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.

1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **sweet potato, capsicum** and **onion** into bite-sized chunks.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and 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.

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 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.

2



Get prepped

- Meanwhile, grate **zucchini** and **carrot**, then squeeze out any excess moisture with a paper towel.

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

5



Prep the salad

- While the fritters are cooking, combine the **honey**, with a drizzle of the **vinegar** and **olive oil** in a second medium bowl.
- Season, then add **mixed salad leaves, pepitas** and the slightly cooled **roast veggies**. Gently toss to coat.

3



Make the fritter mixture

- In a medium bowl, combine **zucchini, carrot, Cheddar cheese**, the **plain flour, vegetable stock pot** and **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!

6



Finish & serve

- Divide zucchini, carrot and Cheddar fritters and roast veggie salad between plates.
- Serve with **babaganoush**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2025 | CW01



CUSTOM OPTIONS



ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Add to fritter mixture.



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes. Top salad with chicken.

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

