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WK08
2017

Carrot & Haloumi Fritters with Fresh Cucumber & Mint Salad

They say love is the glue that holds a family together, but we've done extensive field research and have discovered that it is, in fact, cheese. Gather your loved ones and stack these fritters high; it's like a delicious game of Jenga that everyone will want to play.



Prep: 25 mins

Cook: 15 mins

Total: 40 mins



level 2

Pantry Items



Plain Flour



Olive Oil



Egg



Honey



Haloumi



Carrots



Lemon



Baby Spinach
Leaves



Cucumber



Mint



Hummus

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2P	4P	Ingredients	
1 block	2 blocks	haloumi	
2	4	carrots, peeled & grated	🌿
2 tbs	4 tbs	plain flour *	
1	2	egg, lightly whisked *	
2 tbs	4 tbs	olive oil *	
½	1	lemon, juiced	⊕
1 tsp	2 tsp	honey *	
½ bag	1 bag	baby spinach leaves	⊕
1	2	cucumber, peeled into ribbons	🌿
1 bunch	2 bunches	mint, leaves picked	
1 tub	2 tubs	hummus	

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	3220	Kj
Protein	28.4	g
Fat, total	61	g
-saturated	21.8	g
Carbohydrate	24.3	g
-sugars	13.7	g
Sodium	1510	mg



You will need: *chef's knife, chopping board, vegetable peeler, box grater, whisk, medium bowl, small frying pan, large frying pan, tongs, oven tray lined with baking paper, small bowl and large bowl.*

1 Preheat the oven to **160°C/140°C** fan-forced.

2 Coarsely grate **half of the haloumi** using a box grater. Cut the remaining haloumi into 1 cm thick slices and set aside. Squeeze the excess moisture from the **carrot**, then combine with the grated haloumi, **plain flour** and **egg** in a medium bowl. Season with **pepper**. Form the mixture into round fritters, packing tightly with your hands.

3 Heat **half the olive oil** in a large frying pan over a medium-high heat. Carefully add the fritters and cook for **3-4 minutes** on each side, or until golden. Remove them carefully and place on the prepared oven tray. Place in the oven to keep warm. Heat a little olive oil in the same frying pan over a medium-high heat. Add the haloumi slices and cook for **1-2 minutes** on each side, or until golden.

4 Combine the remaining olive oil and the lemon juice with the **honey** in a small bowl. Combine the **baby spinach leaves, cucumber** and **mint** in a large bowl. Drizzle with the lemon dressing.

5 To serve, divide and stack the fritters and haloumi slices, and serve with the minted cucumber salad and **hummus**.



Did you know? The vitamins found in carrots can help to promote overall eye health, however won't ever give you night vision!