

## **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































Mint

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 *	
1/2	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	

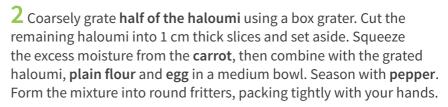
	Ingredient features					
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	Pre-preparation					
1	<b>Nutrition per serve</b>					
	Energy	3220	Kj			
10	Protein	28.4	g			
	Fat, total	61	g			
	-saturated	21.8	g			
	Carbohydrate	24.3	g			

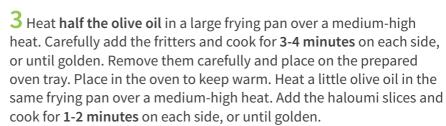
-sugars Sodium



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.





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!