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WK51
2016



Cheesy Fritters with Dill & Parsley Mayo

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: 20 mins
Cook: 15 mins
Total: 35 mins



level 1



low sodium

Pantry Items



Eggs



Plain Flour



Milk



Olive Oil



Zucchini



Carrot



Cheddar Cheese



Spring Onion



Baby Spinach Leaves



Cucumber



Dill & Parsley Mayonnaise



Lime

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2P	4P	Ingredients
1	2	zucchini, grated & excess moisture squeezed out
1	2	carrot, washed & grated
1 block	2 blocks	Cheddar cheese, grated
1 bunch	2 bunches	spring onions, finely sliced
2	4	eggs, whisked *
¼ cup	½ cup	plain flour *
1 tbs	2 tbs	milk *
¼ cup	½ cup	olive oil *
½ bag	1 bag	baby spinach leaves, washed
1	2	cucumber, peeled into ribbons
1 tub	2 tubs	dill & parsley mayonnaise
½	1	lime, sliced into wedges

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2420	Kj
Protein	20.1	g
Fat, total	45.4	g
-saturated	10.7	g
Carbohydrate	22.4	g
-sugars	9.3	g
Sodium	379	mg



You will need: *chef's knife, chopping board, box grater, small bowl, fork, colander, two large bowls, medium frying pan, large serving spoon, spatula, plate and paper towel.*

1 In a large mixing bowl combine the grated and squeezed **zucchini**, **carrot**, **Cheddar cheese** and **spring onion**. Add the whisked **egg** and mix well to combine. Next, add the **plain flour** and **milk** and mix until combined. Season with **salt** and **pepper**. The result should be a light batter that holds your veggies together as they cook but nothing too pancakey.

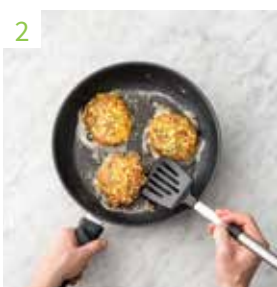


2 Heat half the **olive oil** in a medium frying pan over a medium-high heat. Use a large serving spoon to gently place a portion of the zucchini mixture on to the pan. Do a few portions at a time (you should be able to make approximately 6 fritters) but be careful not to overcrowd the pan. Gently cook for **3-4 minutes** on either side and transfer to paper towel lined plate. Wipe the pan out and add the remaining olive oil if needed. Repeat the process until all of the batter is gone.

Tip: It's always best to try one first before adding all of the batter.

3 Meanwhile in a second large bowl, combine the **baby spinach leaves** and **cucumber**. Season with salt and pepper, drizzle with some olive oil and set aside.

4 To serve, divide the salad and fritters between plates. Top with a spoonful of the **dill & parsley mayonnaise** and a wedge of **lime**. Enjoy!



Did you know? Approximately 9 million acres of onions are grown around the world annually.