



Corn-Zucchini Fritter & Haloumi Stack

with Roast Sweet Potato Salad

Grab your Meal Kit with this symbol




-  Sweet Potato
-  Parsley
-  Coriander
-  Garlic
-  Carrot
-  Zucchini
-  Sweetcorn
-  Haloumi
-  Garlic & Herb Seasoning
-  Cucumber
-  Mixed Leaves
-  Sweet Chilli Sauce

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

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

 Naturally Gluten-Free
Not suitable for coeliacs

Laced with fresh, fragrant herbs, these sweet-and-savoury fritters are the perfect marriage of flavours and easy cooking techniques. Stack them with squeaky, salty haloumi, plus a drizzle of sweet chilli sauce to tie everything together.

Pantry items

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

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

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
parsley	1 bag	1 bag
coriander	1 bag	1 bag
garlic	2 cloves	4 cloves
carrot	1	2
zucchini	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
haloumi	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
plain flour* (or gluten-free plain flour)	½ cup	1 cup
egg*	1	2
salt*	¼ tsp	½ tsp
cucumber	1	2
honey*	¼ tsp	½ tsp
vinegar* (white wine or balsamic)	drizzle	drizzle
mixed leaves	1 small bag	1 medium bag
sweet chilli sauce	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2860kJ (684Cal)	485kJ (116Cal)
Protein (g)	30.7g	5.2g
Fat, total (g)	31.1g	5.3g
- saturated (g)	15.3g	2.6g
Carbohydrate (g)	65.2g	11.1g
- sugars (g)	30.8g	5.2g
Sodium (mg)	2004mg	340mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

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Roast the sweet potato

Preheat oven to **240°C/220°C fan-forced**. Cut **sweet potato** into bite-sized chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide 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 **fritter mixture**, in batches, and flatten with a spatula. Cook until golden, **3-4 minutes** each side (don't flip too early!). Transfer to a paper towel-lined plate. You should get 3-4 fritters per person.

TIP: Add extra oil as needed so the fritters don't stick to the pan!



Get prepped

Meanwhile, roughly chop **parsley**. Finely chop **coriander** (reserve some leaves for garnish!) and **garlic**. Grate **carrot** and **zucchini**, then squeeze out any excess moisture using a paper towel. Drain **sweetcorn**. Cut **haloumi** into 1cm-thick slices.

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



Cook the haloumi

Return pan to medium-high heat with a drizzle of **olive oil**. Cook **haloumi** until golden brown, **1-2 minutes** each side. Meanwhile, roughly chop **cucumber**. In a second medium bowl, combine the **honey**, **vinegar** and a drizzle of **olive oil**. Season, then add **mixed leaves**, **cucumber** and roasted **sweet potato**. Toss to combine.



Make the fritter mixture

In a medium bowl, combine **parsley**, chopped **coriander**, **garlic**, **carrot**, **zucchini**, **corn**, **garlic** & **herb seasoning**, the **plain flour**, the **egg** and the **salt**.

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 roast sweet potato salad between plates. Layer corn-zucchini fritters and haloumi to form a stack on each plate. Drizzle with **sweet chilli sauce**. Serve sprinkled with reserved coriander.

Enjoy!

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