



Plant-Based Carrot & Bamboo Shoot Fritters

with Asian Mushroom Sauce & Sesame Fries

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Carrot



Bamboo Shoots



Plant-Based Asian Mushroom Sauce



Ginger Paste



Plant-Based Shredded Cheddar Cheese



Garlic & Herb Seasoning



Snow Peas



Shredded Cabbage Mix



Japanese Dressing

Recipe Update

The recent flooding on the East Coast of Australia has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- Hands-on: 20-30 mins
- Ready in: 30-40 mins
- Naturally Gluten-Free
- Not suitable for coeliacs*

- Calorie Smart
- Plant Based

We know you love our fritters, and we reckon you'll give this plant-based version two thumbs up. The tender bamboo shoots in the fritters complement the Asian-style sauce, which we've spiked with ginger for some zing. Round out the dish with some fragrant sesame fries and a snow pea-studded slaw.

Pantry items

Olive Oil, Brown Sugar, Plain Flour (or Gluten-Free Plain Flour), Plant-Based Milk

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
potato	2	4
mixed sesame seeds	1 medium packet	1 large packet
carrot	1	2
bamboo shoots	1 tin	2 tins
plant-based Asian mushroom sauce	1 medium packet	1 large packet
brown sugar*	1 tsp	2 tsp
ginger paste	1 medium packet	1 large packet
plant-based shredded Cheddar cheese	1 medium packet	1 large packet
garlic & herb seasoning	1 medium sachet	2 medium sachets
plain flour* (or gluten-free plain flour)	½ cup	1 cup
salt*	¼ tsp	½ tsp
plant-based milk*	3 tbs	½ cup
snow peas	1 small bag	1 medium bag
shredded cabbage mix	1 medium bag	1 large bag
Japanese dressing	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2101kJ (502Cal)	324kJ (77Cal)
Protein (g)	14.7g	2.3g
Fat, total (g)	16.8g	2.6g
- saturated (g)	5.8g	0.9g
Carbohydrate (g)	80g	12.3g
- sugars (g)	22.5g	3.5g
Sodium (mg)	2820mg	435mg

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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Bake the fries

Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt**, sprinkle over **mixed sesame seeds** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.



Cook the fritters & sauce

Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base. When oil is hot, add heaped tablespoons of **fritter mixture** and flatten with a spatula. Cook in batches until golden and cooked through, **3-4 minutes** each side (don't flip too early!). Transfer to a plate lined with paper towel. You should get 3-4 fritters per person. Wipe out frying pan, then return to medium heat. Cook **sauce mixture** until bubbling, **30 seconds**. Remove from heat.

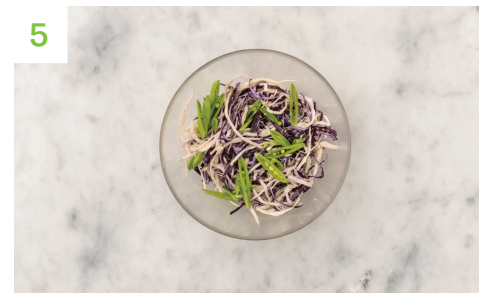
TIP: Add extra oil if needed to ensure the fritters don't stick to the bottom of the pan.



Get prepped

Grate **carrot**, then squeeze out any excess moisture using a paper towel. Drain **bamboo shoots**, then roughly chop. In a small bowl, combine **plant-based Asian mushroom sauce**, the **brown sugar**, **ginger paste** and a splash of **water**.

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



Make the slaw

While fritters are cooking, trim and thinly slice **snow peas**, lengthways. In a large bowl, combine **snow peas**, **shredded cabbage mix** and **Japanese dressing**. Season, then toss to coat.



Make the fritter mixture

In a large bowl, combine **plant-based shredded Cheddar cheese**, **carrot**, **bamboo shoots**, **garlic & herb seasoning**, **plain flour**, the **salt**, **plant-based milk** and a pinch of **pepper**.

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 plant-based carrot and bamboo shoot fritters, sesame fries and snow pea slaw between plates. Spoon Asian mushroom sauce over fritters to serve.

Enjoy!

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