



Autumn Sweetcorn & Haloumi Fritters

with Thai-Dressed Cucumber Salad



Make corn & haloumi fritters



Sweetcorn



Zucchini



Carrot



Spring Onion



Haloumi



Cucumber



Rocket Leaves



Sweet Chilli Sauce



Long Red Chilli (Optional)



Thai Lime & Coriander Dressing



Coriander

Hands-on: **20 mins**
Ready in: **25 mins**
Spicy (optional long red chilli)

These juicy, sweet and salty fritters are the perfect marriage of Autumn seasonal produce and easy cooking techniques. Leave the oven off and enjoy this tasty supper that is ready in record time!

Pantry Staples: Olive Oil, Plain Flour, Egg, Soy Sauce

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, large bowl, chopping board, box grater, paper towel, two medium bowls, large frying pan, spatula, plate** lined with **paper towel** and **tongs**.



1 GET PREPPED

Drain the **sweetcorn**. Grate the **zucchini** to get **1 cup for 2 people / 2 cups for 4 people**. Grate the **carrot** to get **1 cup for 2 people / 2 cups for 4 people**. Place the zucchini and carrot in a paper towel and squeeze out the excess moisture. Grate the **haloumi (use suggested amount)**. Finely chop the **long red chilli** (if using). Finely slice the **spring onion** (keep the white and green parts separate). Finely chop the **coriander**.



2 MAKE THE FRITTER MIXTURE

In a medium bowl, combine the **sweetcorn, haloumi, zucchini, carrot, long red chilli** (if using), **flour, egg, soy sauce**, the **whites** of the **spring onion** and the **coriander**. Mix well.



3 COOK THE FRITTERS

Heat enough **olive oil** to coat the base of a large frying pan over a medium-high heat. Once hot, add **1/4 cup** of the **fritter mixture** and flatten with a spatula. Repeat with the remaining mixture. Cook for **3-4 minutes** on each side, or until golden. **TIP: Don't flip early to ensure your fritters can set.** You should get 3 fritters per person. Set the fritters aside on a plate lined with paper towel.

TIP: If needed, add extra oil so the fritters don't stick to the pan.



4 PREP THE SALAD

While the fritters are cooking, chop the **cucumber** into 2 cm chunks. In a medium bowl, add the **Thai lime & coriander dressing**.



5 MAKE THE SALAD

Add the **rocket, cucumber** and the **greens** of the **spring onion** to the bowl with the dressing and toss to coat. **TIP: Do this just before serving to avoid soggy leaves.**



6 SERVE UP

Divide the sweetcorn and haloumi fritters and cucumber salad between plates. Drizzle with the **sweet chilli sauce** and serve extra on the side for dipping.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweetcorn	1 tin (125 g)	2 tins (250 g)
zucchini	1	2
carrot	1	2
haloumi	½ block (90 g)	1 block (180 g)
long red chilli (optional)	½	1
spring onion	1 bunch	1 bunch
coriander	1 bunch	1 bunch
plain flour*	¼ cup	½ cup
egg*	2	4
soy sauce*	2 tsp	1 tbs
cucumber	1	2
Thai lime & coriander dressing	2 tubs (60 g)	4 tubs (120 g)
rocket leaves	1 bag	1 bag
sweet chilli sauce	1 sachet (50 g)	2 sachets (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2720kJ (649Cal)	467kJ (111Cal)
Protein (g)	24.3g	4.2g
Fat, total (g)	42.0g	7.2g
- saturated (g)	11.7g	2.0g
Carbohydrate (g)	39.3g	6.8g
- sugars (g)	25.1g	4.3g
Sodium (g)	1340mg	230mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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Hello@HelloFresh.com.au

2018 | WK17

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