



# Sweetcorn-Zucchini Fritters & Haloumi Stack

## with Roast Pumpkin Salad

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Spring Onion



Coriander



Garlic



Haloumi



Carrot



Zucchini



Sweetcorn



Garlic & Herb Seasoning



Cucumber



Mixed Salad Leaves



Sweet Chilli Sauce

Hands-on: **20-30 mins**  
Ready in: **35-45 mins**

These juicy sweet-and-salty fritters are the perfect marriage of flavours and easy cooking techniques. Each fritter is packed with veggies, and is stacked with tasty haloumi and sweet chilli sauce to add plenty of cheesy goodness!

### Pantry items

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



## 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
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
spring onion	1 bunch	1 bunch
coriander	1 bunch	1 bunch
garlic	2 cloves	4 cloves
haloumi	1 block	2 blocks
carrot	1	2
zucchini	1	2
sweetcorn	1 tin (125g)	1 tin (300g)
plain flour*	½ cup	1 cup
egg*	1	2
salt*	¼ tsp	½ tsp
garlic & herb seasoning	1 sachet	2 sachets
cucumber	1	2
vinegar* (white wine or balsamic)	1 tsp	2 tsp
honey*	¼ tsp	½ tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
sweet chilli sauce	1 tub (50g)	1 tub (100g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	3460kJ (827Cal)	521kJ (125Cal)
Protein (g)	33.3g	5.0g
Fat, total (g)	47.6g	7.2g
- saturated (g)	18.1g	2.7g
Carbohydrate (g)	60.9g	9.2g
- sugars (g)	28.3g	4.3g
Sodium (g)	1870mg	282mg

### Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



## 1. Roast the pumpkin

Preheat the oven to **220°C/200°C fan-forced**. Place the **peeled & chopped pumpkin**, a **drizzle of olive oil** and a **pinch of salt and pepper** on an oven tray lined with baking paper. Toss to coat, then roast until tender, **20-25 minutes**. Set aside to cool.



## 4. Cook the fritters

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, add **1/4 cup of fritter mixture** and flatten with a spatula. Repeat with some of the remaining mixture. Cook until golden, **4-5 minutes** each side. Transfer to a plate lined with paper towel. Repeat with the **remaining fritter mixture**. You should get 3 fritters per person.

**TIP:** Don't flip the fritters too early to ensure they have time to set.

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



## 2. Get prepped

While the pumpkin is roasting, thinly slice the **spring onion**. Finely chop the **coriander** (reserve some leaves for garnish!). Finely chop the **garlic** (or use a garlic press). Cut the **haloumi** into 1cm slices. Grate the **carrot** (unpeeled). Grate the **zucchini**. Place the **carrot and zucchini** in a clean cloth and squeeze the liquid into a bowl. Drain the **sweetcorn**.

**TIP:** Squeezing the liquid out of the grated veggies removes excess moisture so your fritters are the perfect consistency!



## 5. Cook the haloumi

While the fritters are cooking, cut the **cucumber** into 2cm chunks. In a medium bowl, combine the **vinegar, honey** and **olive oil (2 tsp for 2 people / 1 tbs for 4 people)**. Add the **mixed salad leaves, cucumber** and **roasted pumpkin** and toss to coat. When all the fritters are cooked, return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **haloumi** slices and cook until golden brown, **2 minutes** each side.

**TIP:** Toss the salad just before serving to keep the leaves crisp.



## 3. Make the fritter mixture

In a medium bowl, add the **spring onion**, chopped **coriander, garlic, carrot, zucchini, sweetcorn, plain flour, egg**, the **salt** and **garlic & herb seasoning**. Mix well to combine.

**TIP:** Lift out some of the mixture with a spoon – if it's too wet and doesn't hold its shape, add some more flour!



## 6. Serve up

Layer the sweetcorn-zucchini fritters and haloumi to form a stack on each plate. Divide the roast pumpkin salad between the plates. Drizzle the **sweet chilli sauce** over each fritter stack. Sprinkle with the reserved coriander leaves.

**Enjoy!**