



Sweetcorn-Zucchini Fritters & Haloumi Stack

with Roast Sweet Potato Salad

Grab your Meal Kit with this symbol



Sweet Potato



Spring Onion



Coriander



Garlic



Haloumi



Carrot



Zucchini



Sweetcorn



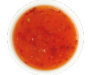
Garlic & Herb Seasoning



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
sweet potato	1	2
spring onion	2 stems	4 stems
coriander	1 bag	1 bag
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)	drizzle	drizzle
honey*	¼ tsp	½ tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
sweet chilli sauce	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2914kJ (696Cal)	435kJ (103Cal)
Protein (g)	31.8g	4.8g
Fat, total (g)	31.9g	4.8g
- saturated (g)	14.8g	2.2g
Carbohydrate (g)	64.4g	9.6g
- sugars (g)	32g	4.8g
Sodium (mg)	1847mg	276mg

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.



Roast the sweet potato

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 2cm chunks. Place the **sweet potato** on an oven tray lined with baking paper. Add a drizzle of **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**. Set aside to cool.



Cook the fritters

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

TIP: Don't turn 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.



Prep the fritters

While the sweet potato is roasting, thinly slice the **spring onion**. Finely chop the **coriander** (reserve some leaves for garnish!). Finely chop the **garlic**. Cut the **haloumi** into 1cm slices. Grate the **carrot** (unpeeled). Grate the **zucchini**. Squeeze the liquid out of the **zucchini** and **carrot** with a clean tea towel. Drain the **sweetcorn**.

TIP: Removing excess moisture allows the fritters to be the perfect consistency!



Bring it all together

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. While the haloumi is cooking, cut the **cucumber** into 2cm chunks. In a medium bowl, combine the **honey**, **balsamic vinegar** and a drizzle of **olive oil**. Add the **mixed salad leaves**, **cucumber** and **sweet potato** and toss to coat.



Make the fritter mixture

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

TIP: The mixture will look a little dry, but once properly combined it will stick together. Lift out some of the mixture with a spoon - if it's too wet and doesn't hold its shape, add some more flour!



Serve up

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

Enjoy!