



# ZUCCHINI & CARROT CHEESY FRITTERS

with Pepita-Salad & Dill Parsley Mayo



Master fritters in your own home



Zucchini



Carrot



Grated Cheddar Cheese



Spring Onion



Mixed Salad Leaves



Cucumber



Dill & Parsley Mayonnaise



Lime



Pepitas

Hands-on: 25 mins  
Ready in: 35 mins

They say love is the glue that holds a family together, but we've done extensive field research and have discovered that it is, in fact, cheese. Gather your loved ones and stack these fritters high. It's like a delicious game of Jenga that everyone will want to play.

**Pantry Staples:** Olive Oil, Eggs, Plain Flour, Balsamic Vinegar, Honey

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **grater, clean towel, chef's knife, chopping board, fork or whisk, two large bowls, medium frying pan, large spoon, spatula, plate, paper towel** and a **vegetable peeler**.



## 1 GET PREPPED

Grate the **zucchini** and squeeze out the excess moisture with clean hands or a clean towel. **TIP:** *Removing the excess moisture from the zucchini is important to ensure your fritter batter is the right consistency and not too wet.* Grate the **carrot** (unpeeled). Finely slice the **spring onion**. Slice the **lime** into wedges.



## 2 MAKE THE BATTER

In a large bowl, whisk the **eggs**. Add the **zucchini, carrot, grated Cheddar cheese** and **spring onion** and stir well to combine. Add the plain **flour, salt** (use suggested amount) and a pinch of **pepper**. Stir to combine.



## 3 TOAST THE PEPITAS

Heat a medium frying pan over a medium high heat. Add the **pepitas** and toast, stirring, for **3-4 minutes**, or until browned. Remove from the pan and set aside.



## 4 COOK THE FRITTERS

Coat the base of the pan with **olive oil** and return it to a medium-high heat. Once hot, place a **heaped tablespoon** of the **fritter mixture** into the pan and gently spread to be 1 cm thick and cook for **3-4 minutes** on each side, or until golden. **TIP:** *You can cook a few fritters at once.* **TIP:** *Don't flip before the time is up to ensure your fritters can set.* Set aside on a plate lined with a paper towel to soak up excess oil. Repeat with the remaining mixture. **TIP:** *Add extra oil if needed to prevent the fritters from sticking to the pan.*



## 5 PREPARE THE SALAD

Finely slice the **cucumber** into thin discs. In a large bowl, combine the **balsamic vinegar, honey** and **olive oil (1 tbs for 2 people / 2 tbs for 4 people)**. Season to taste with a **pinch** of **salt** and **pepper**. Add the cucumber, **mixed salad leaves** and toasted **pepitas** to the bowl and toss to coat.



## 6 SERVE UP

Divide the cucumber-pepita salad and zucchini, carrot and cheddar fritters between plates. Top with a spoonful of the **dill & parsley mayonnaise** and serve the lime wedges on the side.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
zucchini	1	2
carrot	1	2
grated Cheddar cheese	1 packet (50 g)	1 packet (100 g)
spring onion	1 bunch	1 bunch
lime	1	2
eggs*	2	4
plain flour*	¼ cup	½ cup
pepitas	1 packet	2 packets
cucumber	1	2
balsamic vinegar*	2 tsp	1 tbs
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag	1 bag
dill & parsley mayonnaise	1 tub (50 g)	1 tub (100 g)
salt*	¼ tsp	½ tsp

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2970kJ (710Cal)	606kJ (145Cal)
Protein (g)	23.3g	4.8g
Fat, total (g)	58.3g	11.9g
- saturated (g)	12.7g	2.6g
Carbohydrate (g)	24.6g	5.0g
- sugars (g)	10.3g	2.1g
Sodium (g)	747mg	152mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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