



# CHEESY ZUCCHINI & CARROT FRITTERS

with Cucumber Pepita Salad & Dill Mayo



Master fritters in your own home



Zucchini



Carrot



Shredded Cheddar Cheese



Spring Onion



Mixed Salad Leaves



Cucumber



Dill & Parsley Mayonnaise



Lemon



Pepitas



Chives

Hands-on: **25 mins**  
Ready in: **35 mins**

Low calorie

Naturally gluten-free  
*Not suitable for Coeliacs*

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 (or Gluten Free Plain Flour), Honey

# BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **grater, clean tea 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 tea 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). Thinly slice the **spring onion**. Finely chop the **chives**.



## 2 MAKE THE BATTER

In a large bowl, whisk the **eggs**. Add the **zucchini, carrot, grated Cheddar cheese, spring onion** and **chives** 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. Transfer to a plate.



## 4 COOK THE FRITTERS

Return the frying pan to a medium-high heat and add enough **olive oil** to coat the base. Once hot, add a **heaped tablespoon** of the **fritter mixture** and gently spread to be 1 cm thick. 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 PREP THE SALAD

Thinly slice the **cucumber** into thin discs. Juice **1/2** the **lemon** to get **2 tsp for 2 people / 1 tbs for 4 people**. Cut the remaining lemon into wedges. In a large bowl, combine the lemon juice, **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 fritters between plates. Top with a spoonful of the **dill & parsley mayonnaise** and serve the remaining lemon wedges on the side.

**TIP:** Serve without the mayo for the low calorie option!

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

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

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2090kJ (499Cal)	459kJ (110Cal)
Protein (g)	22.9g	5.0g
Fat, total (g)	34.4g	7.6g
- saturated (g)	10.0g	2.2g
Carbohydrate (g)	23.4g	5.1g
- sugars (g)	9.0g	2.0g
Sodium (g)	684mg	150mg

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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