



# Golden Zucchini, Carrot & Cheddar Fritters

with Sweet Potato & Beetroot Salad

Grab your Meal Kit with this symbol



Beetroot



Sweet Potato



Zucchini



Carrot



Spring Onions



Pepitas



Shredded Cheddar Cheese



Chilli Flakes



Vegetable Stock Pot



Lemon



Mixed Salad Leaves



Dill & Parsley Mayonnaise

Hands-on: **30-40 mins**  
Ready in: **35-45 mins**

Calorie Smart

Spicy (optional chilli flakes)

There's no better way to get your veggies than by adding them to cheesy fritters, gently fried to a gorgeous finish. With an extra dose of goodness from the side salad and a delicious herby mayo, this colourful dish tastes every bit as good as it looks!

### Pantry items

Olive Oil, Egg, Plain Flour, 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
beetroot	1	2
sweet potato	1	2
zucchini	1	2
carrot	1	2
spring onions	2 stems	4 stems
pepitas	1 packet	2 packets
egg*	1	2
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
chilli flakes	pinch	pinch
vegetable stock pot	1 packet (20g)	1 packet (40g)
plain flour*	½ cup	1 cup
salt*	¼ tsp	½ tsp
lemon	½	1
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2669kJ (637Cal)	457kJ (109Cal)
Protein (g)	20.8g	3.6g
Fat, total (g)	37.7g	6.5g
- saturated (g)	8.3g	1.4g
Carbohydrate (g)	50.8g	8.7g
- sugars (g)	27.1g	4.6g
Sodium (mg)	1231mg	211mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://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 veggies

Preheat the oven to **220°C/200°C** fan-forced. Cut the **beetroot** and **sweet potato** (both unpeeled) into 1cm chunks. Place the **beetroot** and **sweet potato** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.

**TIP:** Cut the veggies to size so they cook in time.



## Cook the fritters

Return the frying pan to a medium-high heat and add enough **olive oil** to coat the base. 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, **3-4 minutes** each side. Transfer to a plate lined with paper towel.

**TIP:** If your pan is getting crowded, cook in batches for the best results. Don't flip too early to ensure the fritters have time to set, and add extra oil as needed.



## Get prepped

While the veggies are roasting, grate the **zucchini**. Using a clean tea towel, squeeze the excess moisture out of the **zucchini**. Grate the **carrot** (unpeeled). Thinly slice the **spring onion**. Heat a large frying pan over a medium-high heat. Add the **pepitas** and toast, stirring, until browned, **3-4 minutes**. Transfer to a plate.



## Toss the salad

Cut the **lemon** (see ingredients) into wedges. In a medium bowl, combine the **honey**, **olive oil** (2 tsp for 2 people / 1 tbs for 4 people) and a small squeeze of **lemon juice**. Season to taste. Add the **roasted veggies**, **mixed salad leaves** and toasted **pepitas** to the bowl and toss to coat.



## Make the fritter mixture

In a medium bowl, whisk the **egg**. Add the **zucchini**, **carrot**, **spring onion**, **shredded Cheddar cheese**, a pinch of **chilli flakes** (if using) and **vegetable stock pot** and stir well to combine. Add the **plain flour**, the **salt** and a pinch of **pepper**. 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 a little more flour!



## Serve up

Divide the zucchini, carrot and Cheddar fritters and sweet potato salad between plates. Serve with the **dill & parsley mayonnaise** and the remaining lemon wedges.

## Enjoy!