



Golden Zucchini, Carrot & Cheddar Fritters

with Babaganoush & Roast Veggie Salad

Grab your Meal Kit
with this symbol



Beetroot



Potato



Zucchini



Carrot



Spring Onion



Shredded
Cheddar Cheese



Chilli Flakes
(Optional)



Vegetable Stock
Pot



Pepitas



Lemon



Mixed Salad
Leaves



Babaganoush

Hands-on: **30-40 mins**
 Ready in: **35-45 mins**
 Naturally gluten-free
Not suitable for Coeliacs

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 babaganoush, this colourful dish tastes every bit as good as it looks!

Pantry items

Olive Oil, Egg, Plain Flour (or Gluten-Free 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
potato	1	2
zucchini	1	2
carrot	1	2
spring onion	2 stems	4 stems
egg*	1	2
shredded Cheddar cheese	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch
vegetable stock pot	1 packet (20g)	1 packet (40g)
plain flour* (or gluten-free plain flour)	½ cup	1 cup
salt*	¼ tsp	½ tsp
pepitas	1 medium packet	1 large packet
lemon	½	1
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (30g)	1 bag (60g)
babaganoush	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2722kJ (650Cal)	440kJ (105Cal)
Protein (g)	23.3g	3.8g
Fat, total (g)	33.3g	5.4g
- saturated (g)	9.4g	1.5g
Carbohydrate (g)	57.8g	9.3g
- sugars (g)	21.9g	3.5g
Sodium (mg)	1365mg	221mg

The quantities provided above are averages only.

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 veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **beetroot** and **potato** into small chunks. Place the **beetroot**, **potato** and a drizzle of **olive oil** on a lined oven tray. Season with **salt** and **pepper**. Toss to coat, then roast until tender, **20-25 minutes**.



Cook the fritters

Heat a large frying pan over a medium-high heat. Return the frying pan to a medium-high heat and add enough **olive oil** to coat the base. When the oil is hot, cook heaped tablespoons of the **fritter mixture** in batches, and flatten with a spatula. Cook until golden, **3-4 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Don't flip the fritters too early to ensure they have time to set, and add extra oil as needed.



Get prepped

While the veggies are roasting, grate the **zucchini**. Squeeze the excess moisture out of the **zucchini**. Grate the **carrot**. Thinly slice the **spring onion**.



Prep the salad

Cut the **lemon** into wedges. In a medium bowl, combine the **honey**, a drizzle of **olive oil** and a small squeeze of **lemon juice**. Season to taste. Add the roasted **veggies**, **mixed salad leaves** and **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 roast veggie salad between plates. Serve with the **babaganoush** and the remaining lemon wedges.

Enjoy!