



Mumbai Cheesy Fritters & Pumpkin Seeds

with Bombay Potato Toss & Herbed Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Brown Mustard Seeds



Sweetcorn



Carrot



Onion



Pumpkin Seeds (Pepitas)



Mumbai Spice Blend



Vegetable Stock Powder



Shredded Cheddar Cheese



Parsley



Greek-Style Yoghurt



Baby Spinach Leaves



Diced Bacon

Prep in: 25-35 mins
Ready in: 35-45 mins



Calorie Smart*

*Custom Recipe is not Calorie Smart

Fritters are a great option if you're looking to have a little fun in the kitchen. Roll up your sleeves and combine all those ingredients from the Cheddar cheese, carrot and corn, to create a stack of richly spiced fritters. They're fun and delicious!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, Plain Flour, Milk, White Wine Vinegar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
potato	3	6
brown mustard seeds	1 sachet	1 sachet
sweetcorn	1 tin	1 tin
carrot	1	2
onion	1 (medium)	1 (large)
pumpkin seeds	1 packet	1 packet
egg*	1	2
Mumbai spice blend	1 sachet	2 sachets
vegetable stock powder	1 large sachet	2 large sachets
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
plain flour*	½ cup	1 cup
milk*	2 tbs	¼ cup
parsley	1 bunch	1 bunch
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2517kJ (602Cal)	410kJ (98Cal)
Protein (g)	28.5g	4.6g
Fat, total (g)	22g	3.6g
- saturated (g)	8.2g	1.3g
Carbohydrate (g)	72.8g	11.9g
- sugars (g)	14.7g	2.4g
Sodium (mg)	1513mg	247mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3102kJ (741Cal)	468kJ (112Cal)
Protein (g)	36.4g	5.5g
Fat, total (g)	34.2g	5.2g
- saturated (g)	12.7g	1.9g
Carbohydrate (g)	72.9g	11g
- sugars (g)	14.7g	2.2g
Sodium (mg)	1912mg	288mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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Roast the bombay potatoes

- Preheat oven to **240°C/220°C fan-forced**. Cut **potato** into bite-sized chunks.
- Place **potato** and **brown mustard seeds** on a lined oven tray. Drizzle with **olive oil** and season with a generous pinch of **salt**. Toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.



Cook the fritters

- Return the frying pan to medium-high heat with enough **olive oil** to coat the base. When oil is hot, add heaped tablespoons of **fritter mixture** in batches and flatten with a spatula (3-4 per person).
- Cook **fritters** until golden, **3-4 minutes** each side (don't flip to early!).
- Transfer to a paper towel-lined plate. Repeat with remaining **fritter mixture**.

TIP: Add extra oil if needed to ensure the fritters don't stick to the pan.



Get prepped

- Meanwhile, drain **sweetcorn**. Grate **carrot**, then squeeze out any excess moisture using a paper towel or clean cloth. Thinly slice **onion**.
- Heat a large frying pan over medium-high heat. Toast **pumpkin seeds**, tossing, until golden, **3-4 minutes**. Transfer to a bowl.

Custom Recipe: If you've added diced bacon to your meal, return the frying pan to medium-high heat. Cook bacon, breaking up with a spoon, until browned, 3-4 minutes. Remove from heat.



Bring it all together

- Meanwhile, pick and finely chop **parsley leaves**.
- In a small bowl, combine **parsley** and **Greek-style yoghurt**. Season to taste and set aside.
- Add **baby spinach leaves** to the tray with the **potatoes**, along with a drizzle of **white wine vinegar**. Season to taste and toss to coat.



Make the fritter mixture

- In a medium bowl, combine the **egg**, **sweetcorn**, **carrot**, **onion**, **Mumbai spice blend**, **vegetable stock powder**, **shredded Cheddar cheese**, the **plain flour**, **milk** and a pinch of **salt** and **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!

Custom Recipe: Add the cooked bacon to the fritter mixture.



Serve up

- Divide Mumbai cheesy fritters and Bombay potato toss between plates.
- Dollop with herbed yoghurt and sprinkle over toasted pumpkin seeds to serve. Enjoy!

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