

# Mumbai Cheesy Fritters & Pumpkin Seeds with Bombay Potato Toss & Herbed Yoghurt

Grab your Meal Kit with this symbol

CLIMATE SUPERSTAR



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

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!

## 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

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	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**

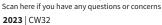
Avg Qty	Per Serving	Per 100g
Energy (kJ)	3102kJ (741Cal)	468kJ (112Cal)
Protein (g)	36.4g	5.5g
Fat, total (g)	34.2g	5.2g
- saturated (g)	12.7g	1.9g
Carbohydrate (g)	72.9g	11g
- sugars (g)	14.7g	2.2g
Sodium (mg)	1912mg	288mg

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** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

#### We're here to help!



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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.



## 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.



# 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.



## 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.



# Bring it all together

- Meanwhile, pick and finely chop parsley leaves.
- In a small bowl, combine parsley and Greekstyle 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.



# 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!

