



SWEET CHILLI FRITTERS & HALOUMI STACK

with Kumara Toss



Add sweetcorn to fritters



Kumara



Coriander



Garlic



Haloumi



Carrot



Courgette



Sweetcorn



Vegetable Stock



Tomato



Mixed Salad Leaves



Sweet Chilli Sauce

Hands-on: **20 mins**
Ready in: **35 mins**

These juicy, sweet and salty fritters are the perfect marriage of flavours and easy cooking techniques. Each fritter is packed with veggies, and is stacked with tasty haloumi and sweet chilli sauce to add plenty of cheesy goodness!

Pantry Staples: Olive Oil, Plain Flour, Egg, Milk, Vinegar (White Wine Or Balsamic), Honey

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- oven tray lined with **baking paper**
- large frying pan**



1 ROAST THE KUMARA

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm chunks. Place the **kumara**, a **drizzle of olive oil** and a **pinch of salt and pepper** on an oven tray lined with baking paper. Toss to coat, then roast until tender, **25-30 minutes**. Set aside to cool. **TIP:** Cut the kumara to the correct size so it cooks in the allocated time.



4 COOK THE FRITTERS

In a large frying pan, add enough **olive oil** to coat the base and heat over a medium-high heat. 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, **2-3 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. **TIP:** Add extra oil as needed so the fritters don't stick. **TIP:** Don't flip the fritters too early to ensure they have time to set. You should get 3 fritters per person.



2 GET PREPPED

While the kumara is roasting, finely chop the **coriander** (reserve some leaves for garnish!). Finely chop the **garlic** (or use a garlic press). Cut the **haloumi** into 1cm-thick slices. Grate the **carrot** (unpeeled). Grate the **courgette**, then squeeze the courgette over a bowl. **TIP:** This is to remove any excess moisture so your fritters are the perfect consistency! Drain the **sweetcorn** (see ingredients list).



5 MAKE THE TOSS

While the fritters are cooking, roughly chop the **tomato**. In a medium bowl, combine the **vinegar**, **honey** and **olive oil** (**2 tsp for 2 people / 4 tsp for 4 people**). Add the **mixed salad leaves**, **tomato** and **kumara** to the bowl with the dressing and toss to coat. **TIP:** Toss just before serving to keep the leaves crisp. When all the fritters are cooked, return the pan to a medium-high heat with a **drizzle of olive oil**. Add the **haloumi** slices and cook until golden brown, **2 minutes** each side.



3 MAKE THE FRITTER MIXTURE

In a medium bowl, combine the chopped **coriander**, **garlic**, **carrot**, **courgette**, **sweetcorn**, **plain flour**, **egg**, **milk**, the **salt** and crumbled **vegetable stock** (**1 1/2 cubes for 2 people / 3 cubes for 4 people**). 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 some more flour!



6 SERVE UP

Layer the fritters and haloumi to form a stack on each plate. Divide the kumara toss between plates. Drizzle the **sweet chilli sauce** over each fritter stack. Sprinkle with the reserved coriander leaves.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
kumara	1 (medium)	1 (large)
coriander	1 bunch	1 bunch
garlic	2 cloves	4 cloves
haloumi	1 block	2 blocks
carrot	1	2
courgette	1	2
sweetcorn	½ tin (150 g)	1 tin (300 g)
plain flour*	½ cup	1 cup
egg*	1	2
milk*	2 tbs	½ cup
salt*	¼ tsp	½ tsp
vegetable stock	1½ cubes	3 cubes
tomato	1	2
vinegar* (white wine or balsamic)	1 tsp	2 tsp
honey*	¼ tsp	½ tsp
mixed salad leaves	1 bag (30 g)	1 bag (60 g)
sweet chilli sauce	1 tub (50 g)	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3570kJ (853Cal)	508kJ (121Cal)
Protein (g)	33.8g	4.8g
Fat, total (g)	47.0g	6.7g
- saturated (g)	17.7g	2.5g
Carbohydrate (g)	68.1g	9.7g
- sugars (g)	29.4g	4.2g
Sodium (g)	2130mg	303mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

Hello@HelloFresh.co.nz

2019 | WK36

