



# Autumn Sweetcorn & Haloumi Fritters

with Thai-Dressed Cucumber Salad



Make corn &  
haloumi fritters



Sweetcorn



Zucchini



Carrot



Spring Onion



Haloumi



Cucumber



Rocket Leaves



Sweet Chilli Sauce



Long Red Chilli (Optional)



Thai Lime & Coriander  
Dressing



Coriander



Hands-on: **20** mins  
Ready in: **25** mins



Spicy (optional long  
red chilli)

These juicy, sweet and salty fritters are the perfect marriage of Autumn seasonal produce and easy cooking techniques. Leave the oven off and enjoy this tasty supper that is ready in record time!

**Pantry Staples:** Olive Oil, Plain Flour, Egg, Soy  
Sauce



## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, large bowl, chopping board, box grater, paper towel, two medium bowls, large frying pan, spatula, plate** lined with **paper towel** and **tongs**.



### 1 GET PREPPED

Drain the **sweetcorn**. Grate the **zucchini** to get **1 cup for 2 people / 2 cups for 4 people**. Grate the **carrot** to get **1 cup for 2 people / 2 cups for 4 people**. Place the zucchini and carrot in a paper towel and squeeze out the excess moisture. Grate the **haloumi** (use **suggested amount**). Finely chop the **long red chilli** (if using). Finely slice the **spring onion** (keep the white and green parts separate). Finely chop the **coriander**.



### 4 PREP THE SALAD

While the fritters are cooking, chop the **cucumber** into 2 cm chunks. In a medium bowl, add the **Thai lime & coriander dressing**.



### 2 MAKE THE FRITTER MIXTURE

In a medium bowl, combine the **sweetcorn, haloumi, zucchini, carrot, long red chilli** (if using), **flour, egg, soy sauce**, the **whites** of the **spring onion** and the **coriander**. Mix well.



### 5 MAKE THE SALAD

Add the **rocket, cucumber** and the **greens** of the **spring onion** to the bowl with the dressing and toss to coat. **TIP:** Do this just before serving to avoid soggy leaves.



### 3 COOK THE FRITTERS

Heat enough **olive oil** to coat the base of a large frying pan over a medium-high heat. Once hot, add **1/4 cup** of the **fritter mixture** and flatten with a spatula. Repeat with the remaining mixture. Cook for **3-4 minutes** on each side, or until golden. **TIP:** Don't flip early to ensure your fritters can set. You should get 3 fritters per person. Set the fritters aside on a plate lined with paper towel.

**TIP:** If needed, add **extra oil** so the fritters don't stick to the pan.



### 6 SERVE UP

Divide the sweetcorn and haloumi fritters and cucumber salad between plates. Drizzle with the **sweet chilli sauce** and serve extra on the side for dipping.

Enjoy!

## 2 | 4 PEOPLE INGREDIENTS

|                                | 2P              | 4P                |
|--------------------------------|-----------------|-------------------|
| olive oil*                     | refer to method | refer to method   |
| sweetcorn                      | 1 tin (125 g)   | 2 tins (250 g)    |
| zucchini                       | 1               | 2                 |
| carrot                         | 1               | 2                 |
| haloumi                        | ½ block (90 g)  | 1 block (180 g)   |
| long red chilli (optional)     | ½               | 1                 |
| spring onion                   | 1 bunch         | 1 bunch           |
| coriander                      | 1 bunch         | 1 bunch           |
| plain flour*                   | ¼ cup           | ½ cup             |
| egg*                           | 2               | 4                 |
| soy sauce*                     | 2 tsp           | 1 tbs             |
| cucumber                       | 1               | 2                 |
| Thai lime & coriander dressing | 2 tubs (60 g)   | 4 tubs (120 g)    |
| rocket leaves                  | 1 bag           | 1 bag             |
| sweet chilli sauce             | 1 sachet (50 g) | 2 sachets (100 g) |

\*Pantry Items

| NUTRITION        | PER SERVING     | PER 100G       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 2720kJ (649Cal) | 467kJ (111Cal) |
| Protein (g)      | 24.3g           | 4.2g           |
| Fat, total (g)   | 42.0g           | 7.2g           |
| - saturated (g)  | 11.7g           | 2.0g           |
| Carbohydrate (g) | 39.3g           | 6.8g           |
| - sugars (g)     | 25.1g           | 4.3g           |
| Sodium (g)       | 1340mg          | 230mg          |

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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2018 | WK17

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