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## Sweet Potato and Vegetable

Fritters with Tomato and Rocket Salad



30-40min



4 Portions

Full of veggies and unbelievably tasty, we love fritters for their magical ability to be quick, easy and a real treat for a busy weeknight. The trick with these power-packed rounds is to pan-fry them until golden, then pop them in the oven to finish cooking, which results in crispy yet tender fritters. Served with the simple tomato salad, this meal is substantial enough for even the hungriest ...

## What we send

- baby rocket leaves
- Greek-style yoghurt <sup>7</sup>
- basil and parsley
- cherry tomatoes
- tomato
- ricotta <sup>7</sup>
- peas
- sweet potato
- zucchini
- carrot

## What you'll require

- balsamic vinegar <sup>17</sup>
- eggs <sup>3</sup>
- olive oil
- plain flour <sup>1</sup>
- salt and pepper

## Utensils

- baking paper
- large frypan
- oven tray

Our vegies come fresh from the farm, so please wash them before use.

## Cooking tip

By whisking the eggs, the fritters will be lighter in texture. The fritters are very fragile during cooking, so handle with care.

## Allergens

Gluten (1), Egg (3), Milk (7), Sulphites (17). May contain traces of other allergens.

## Nutrition per serving

Energy 560kcal, Fat 22.8g, Carbs 61.8g, Proteins 19.3g



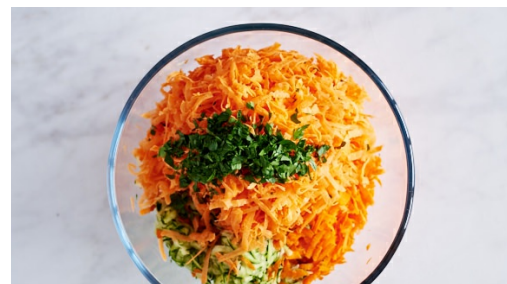
### 1. Prepare ingredients

Preheat oven to 180C and line an oven tray with baking paper. Coarsely grate the **carrots** and **zucchini**. Place in a clean tea towel and squeeze out the liquid. Place vegetables in a large bowl.



### 4. Cook fritters

Heat 2 tbs **oil** in a large frypan over medium heat. Scoop ½ cup measures of **batter** into the pan and cook, in batches of 4, for 3-4 mins each side until light golden (see cooking tip). Transfer to the lined tray and finish cooking in the oven for 5-10 mins until cooked through.



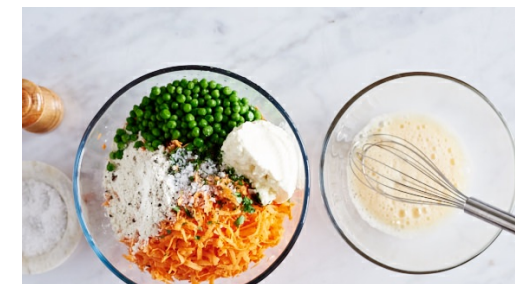
### 2. Start batter

Peel and coarsely grate the **sweet potato** and add to the bowl. Finely chop the **parsley** leaves and add to the bowl.



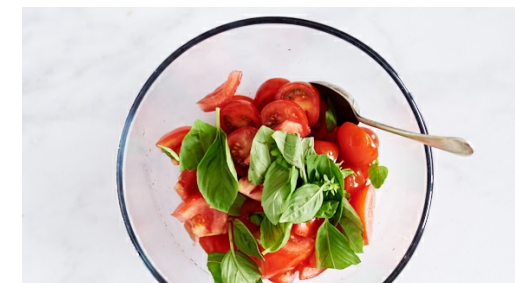
### 5. Make dressing

Meanwhile, combine 2 tbs **oil** with 2 tsp **balsamic vinegar** in a large bowl and season with **sea salt and pepper**. Pick the **basil** leaves (discard stems) and coarsely tear any larger leaves.



### 3. Finish batter

Add **peas** to the bowl with ⅓ cup **plain flour**. Whisk 2 **eggs** in a medium bowl for 1-2 mins until light and fluffy (see cooking tip). Add to the bowl with the **ricotta** and mix to combine well. Season well with **sea salt and pepper**.



### 6. Make salad

Coarsely chop the **tomato** and cut the **cherry tomatoes** in half. Combine in the bowl with the **basil** leaves and **rocket**. Toss to combine. Divide **fritters** and **salad** between plates and serve with the **yoghurt**.