



# Pesto Veggie Fritters and Caprese Style Salad with Cashews and Herby Potatoes

Classic 40-45 Minutes • 2 of your 5 a day • Veggie

43



Potatoes



Mixed Herbs



Cashew Nuts



Onion



Carrot



Baby Plum Tomatoes



Lemon



Mozzarella



Pesto



Baby Leaf Mix

### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Plain Flour, Egg, Mayonnaise

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

## Cooking tools

Baking tray, frying pan, fine grater, bowl and kitchen paper.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mixed Herbs	1 sachet	1 sachet	2 sachets
Cashew Nuts <b>2)</b>	25g	25g	50g
Onion	1	2	2
Carrot**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Lemon**	1	1	1
Mozzarella** <b>7)</b>	1 ball	1½ balls	2 balls
Pesto** <b>7)</b>	32g	48g	64g
Baby Leaf Mix**	20g	50g	50g

Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	¾ tsp	1 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Plain Flour*	40g	80g	80g
Egg*	1	2	2
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>625g</b>	<b>100g</b>
Energy (kJ/kcal)	3122 / 746	500 / 119
Fat (g)	38.7	6.2
Sat. Fat (g)	10.4	1.7
Carbohydrate (g)	80.2	12.8
Sugars (g)	16.0	2.6
Protein (g)	24.1	3.9
Salt (g)	1.41	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 2) Nuts 7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** into 1cm chunks (no need to peel). Pop the **chunks** onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over the **mixed herbs**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, roast on the top shelf until golden, 18-20 mins. Turn halfway through.



## Build the Fritters

When the **carrot** and **onion** have softened, transfer to a large bowl - keep the pan, you'll use it again.

Add the **pesto**, **flour** and **egg** (see pantry for both amounts) to the bowl of **veg**.

Season with **salt** and **pepper**, then mix together well.

**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.**



## Toast the Cashews

Meanwhile, heat a large frying pan on medium heat (no oil).

Once hot, add the **cashews** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. **TIP: Watch them like a hawk as they can burn easily.**

Once toasted, transfer to a plate and set aside for later.

Peel and thinly slice the **onion**. Trim the **carrot**, then coarsely grate (no need to peel).



## Get Frying

Return the frying pan to medium-high heat with enough **oil** to coat the bottom.

Once hot, place heaped tablespoons of the **fritter mixture** (in batches) into the pan. Flatten slightly with the back of your spoon, then fry until golden and cooked through, 3-4 mins each side. **TIP: Don't flip them too early, they need time to set.**

Once cooked, transfer to a plate lined with kitchen paper.

Keep cooking in batches until all the **mixture** is used up - you should get **3-4 fritters** per person. **TIP: Add extra oil in between batches if needed.**



## Fry your Veg

Heat a drizzle of **oil** in the (now empty) pan on medium-high heat.

Once hot, add the **onion** and **carrot**, season with **salt** and **pepper**, then stir-fry until softened, 3-4 mins.

While the **veg** fries, halve the **baby plum tomatoes**. Zest and halve the **lemon**.

In a medium bowl, combine the **sugar** and **olive oil for the dressing** (see pantry for both amounts) with a good squeeze of **lemon juice**. Toss the **tomatoes** through the **dressing** and set aside for later.

Drain and tear the **mozzarella** into 1cm chunks.



## Finish and Serve

When everything's ready, in a small bowl, mix the **mayo** (see pantry for amount with a pinch of **lemon zest** and a squeeze of **lemon juice**).

Toss the **baby leaves** and **mozzarella** with the **tomatoes** and **dressing**.

Share your **fritters** between plates. Serve your **potatoes** and **mozzarella salad** alongside.

Add a dollop of the **zesty mayo** for dipping and sprinkle the **cashews** over the **salad** to finish.

## Enjoy!