



# Cheese, Onion and Mustard Fritters with Rosemary Roasties and Tomato Salad

**Classic** 40-45 Minutes • 3 of your 5 a day • Veggie

21



Potatoes



Onion



Leek



Baby Plum Tomatoes



French Dressing



Dried Rosemary



Wholegrain Mustard



Onion Marmalade



Greek Style Salad Cheese



Baby Leaf Mix

**Pantry Items**

Oil, Salt, Pepper, 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

Bowl, baking tray, frying pan and kitchen paper.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Onion**	1	1	2
Leek**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
French Dressing 9)	30g	60g	60g
Dried Rosemary	1 sachet	2 sachets	2 sachets
Wholegrain Mustard 9)	34g	51g	68g
Onion Marmalade	20g	30g	40g
Greek Style Salad Cheese** 7)	100g	150g	200g
Baby Leaf Mix**	50g	75g	100g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Plain Flour*	50g	100g	100g
Salt*	¼ tsp	½ tsp	½ tsp
Egg*	1	2	2
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	640g 2795 /668	100g 437 /104
Fat (g)	30.8	4.8
Sat. Fat (g)	9.3	1.5
Carbohydrate (g)	78.9	12.3
Sugars (g)	18.6	2.9
Protein (g)	23.2	3.6
Salt (g)	3.20	0.50

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 9) Mustard

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, milk, egg, mustard, celery, soya, 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.

## Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to [hellofresh.co.uk](http://hellofresh.co.uk) or use our app to rate this recipe

HelloFresh UK  
Packed in the UK  
The Fresh Farm  
60 Worship St, London EC2A 2EZ

You can recycle me!



## Get Prepped

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

Chop the **potatoes** into 2cm chunks (no need to peel).

Halve, peel and thinly slice the **onion**. Trim the root and dark green leafy part from the **leek** and discard. Halve lengthways, then thinly slice.

Halve the **tomatoes** and pop into a medium bowl along with the **French dressing**. Set aside.



## Mix Things Up

Add the **mustard, onion marmalade, flour, salt** and **egg** (see pantry for all three amounts) to the bowl of **onion** and **leek**.

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

Crumble in the **Greek style salad cheese** and mix again until combined. **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.**



## Roast the Potatoes

Pop the **potato chunks** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, sprinkle over the **dried rosemary**, 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, 25-35 mins. Turn halfway through.



## Fry the Fritters

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

Once the **oil** is hot, place heaped tablespoons of the **fritter mixture** (in batches) into the pan. Flatten slightly with the back of the 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.**



## Soften the Veg

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **onion** and fry for 2 mins.

Add the **leek** and season with **salt** and **pepper**. Fry, stirring occasionally, until both **veg** are softened, 4-5 mins.

Once softened, transfer to another medium bowl - keep the pan for later, no need to clean.



## Finish and Serve

Add the **baby leaves** to the bowl of **tomatoes** and toss together in the **dressing**.

Share the **fritters** between your plates, then serve the **salad** and **roast potatoes** alongside.

Finish with a dollop of **mayo** (see pantry for amount) for dipping.

Enjoy!