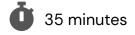




Fritter Bites

with Pumpkin Salad & Green Pesto

Golden sweet corn fritter bites with a creamy avocado and pepita seed pesto, served alongside a roast pumpkin and beetroot salad.







If you don't feel like making the pesto you can slice the avocado and add to the salad instead. Sprinkle with pepita seeds at the end and serve fritter bites with relish or chutney of choice.

PROTEIN TOTAL FAT CARBOHYDRATES

16g

40g

76g

FROM YOUR BOX

BUTTERNUT PUMPKIN	1/2 *
BEETROOT	1
FESTIVAL LETTUCE	1/2 *
ALFALFA SPROUTS	1/2 punnet *
AVOCADO	1
PARSLEY	1/3 bunch *
LEMON	1/2 *
PEPITA SEEDS	1 packet (40g)
SWEET CORN FRITTERS BITES	1 packet

^{*}Ingredient also used in another recipe

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, smoked paprika, ground coriander, vinegar of choice

KEY UTENSILS

oven tray, frypan, stick mixer or blender

NOTES

Use balsamic vinegar for the dressing if you have some.



1. ROAST THE VEGETABLES

Set oven to 220°C.

Dice pumpkin and beetroot. Toss on a lined oven tray with 1 tsp smoked paprika, 1 tsp ground coriander, oil, salt and pepper. Roast in oven for 20-25 minutes.



2. PREPARE THE SALAD

Roughly tear and rinse lettuce. Set aside with alfalfa sprouts.

Whisk together 1 tbsp vinegar and 1 tbsp olive oil (see notes). Set aside.



3. MAKE THE PESTO

Roughly chop avocado and parsley. Blend together with lemon juice, pepita seeds, 1 tsp vinegar and 1 tbsp water until smooth. Season with salt and pepper to taste. Set aside.



4. COOK THE FRITTERS

Heat a frypan over medium-high heat with oil. Cook fritters for 2-3 minutes each side or until heated through.



5. FINISH AND PLATE

Toss salad (or arrange on plates) with roast vegetables and dressing. Serve with a side of corn fritter bites and pesto.



