

Vadouvan-Spiced Vegetable Fritters

with Lemon Yogurt & Butter Lettuce Salad

PREP TIME: 15 minutes

COOK TIME: 30-40 minutes

SERVINGS: 2

Crispy vegetable fritters are a tasty delight in cuisines around the world. Our fritters showcase a trio of vegetables spiced with warming, aromatic Vadouvan—a French interpretation of Indian masalas—which often includes dried shallots alongside classic spices like cumin and turmeric. A sauce of bright, lemony yogurt offers a cooling complement to the fritters and echoes the lemon dressing for our pickled beet and butter lettuce salad. (Chefs, the cauliflower for your fritters could be white, orange, green or purple.)



BLUE APRON WINE PAIRING:

Arco von Kammersbründl Grüner Veltliner, 2015

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Ingredients



1
CAGE-FREE FARM
EGG



4 oz
SPINACH



3 cloves
GARLIC



3
RADISHES



½ cup
PLAIN GREEK
YOGURT



1 head
BUTTER LETTUCE



1 head
CAULIFLOWER



1
LEMON



1
YUKON GOLD
POTATO



½ cup
MATZO MEAL

KNICK KNACKS:



2 Tbsp
CRUMBLed FETA
CHEESE



2 ½ oz
SLICED PICKLED
BEETS



1 Tbsp
VADOUVAN
CURRY POWDER





1 Prepare the ingredients & make the lemon yogurt:

- ☐ Wash and dry the fresh produce.
- ☐ Heat a large pot of salted water to boiling on high.
- ☐ Using a peeler, remove the yellow rind of the lemon, avoiding the white pith; mince the rind to get 2 teaspoons of zest (or use a zester). Quarter and deseed the lemon.
- ☐ Cut out and discard the core of the cauliflower; cut the head into bite-sized florets.
- ☐ Peel and large dice the potato.
- ☐ Peel and finely chop the garlic.
- ☐ Cut off and discard the lettuce root; separate the leaves.
- ☐ Cut off and discard the ends of the radishes; thinly slice into rounds.
- ☐ Drain the beets; on a paper towel-lined cutting board, cut into matchsticks.
- ☐ In a bowl, combine the **yogurt**, **lemon zest**, **the juice of 2 lemon wedges** and a drizzle of olive oil; season with salt and pepper to taste.

2 Cook & mash the vegetables:

- ☐ Add the **cauliflower** and **potato** to the pot of boiling water and cook 11 to 13 minutes, or until tender when pierced with a fork. Drain thoroughly and return to the pot. Off the heat, using a fork, mash until smooth; season with salt and pepper to taste.

3 Cook & chop the spinach:

- ☐ While the vegetables cook, in a large pan (nonstick, if you have one), heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic**; season with salt and pepper. Cook, stirring constantly, 30 seconds to 1 minute, or until fragrant. Add the **spinach** and **curry powder**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until wilted. Transfer to a cutting board and finely chop. Wipe out the pan.

4 Form the fritters:

- ☐ Add the **chopped spinach**, **matzo meal** and **egg** to the pot of **mashed vegetables**. Stir to thoroughly combine; season with salt and pepper. Using your hands, form the mixture into 8 equal-sized patties. Transfer to a plate.

5 Cook the fritters:

- ☐ In the same pan, heat a thin layer of oil on medium-high until hot. Once the oil is hot enough that a fritter sizzles immediately when added to the pan, add the **fritters**; cook 4 to 5 minutes per side, or until golden brown and cooked through. Transfer to a paper towel-lined plate; immediately season with salt and pepper.

6 Make the salad & plate your dish:

- ☐ While the fritters cook, to make the dressing, squeeze **the juice of the remaining lemon wedges** into a bowl. Slowly whisk in **2 tablespoons of olive oil** until well combined; season with salt and pepper to taste.
- ☐ Just before serving, in a large bowl, combine the **lettuce**, **radishes**, **beets** and **cheese**; season with salt and pepper. Add enough of the dressing to coat the salad (you may have extra dressing). Toss to combine; season with salt and pepper to taste.
- ☐ Divide the **cooked fritters** and salad between 2 dishes. Serve with the **lemon yogurt** on the side. Enjoy!