



# Carrot & Haloumi Fritters

<https://www.mainland.co.nz/recipe/carrot-haloumi-fritters.html>



**Prep Time**  
10 mins

**COOKING Time**  
20 mins

**SERVES**  
10

These vegetarian fritters are a cinch to make – plus they're healthy and packed with our deliciously cheeky, squeaky Mainland Haloumi cheese.

## Ingredients

- 300g carrot
- 1 x 180g pack of Mainland Haloumi, grated
- ¼ cup finely sliced spring onion (green parts only)
- Large handful of coriander, finely chopped
- 1 free-range egg
- 1/3 cup flour
- Salt and pepper
- Mainland Buttersoft for cooking
  
- Anchor Protein+ Plain Yoghurt
- Coriander

## Method

1. Grate the carrot into a tea towel, gather it up, and squeeze out as much of the water as possible. Place the carrot in a large bowl with the grated Mainland Haloumi, spring onions and coriander. Season with a pinch of salt and pepper and mix everything together.
2. Crack the egg into the mixture, then add the flour and mix until well combined.
3. Divide the mixture into 10 even rounded portions and set aside.
4. Heat a tablespoon of Mainland Buttersoft in a large fry pan on a medium heat.
5. Place two or three of the portions in the pan and push down with a spatula until you have a nice fritter shape, about 3cm thick. Cook until golden brown, flip and cook again.
6. Remove and place in a warm oven. Add another tablespoon of Mainland Buttersoft to the pan and cook the remaining fritters.
7. Once cooked, divide the fritters between two plates, stack them high and add a nice dollop of Anchor Protein+ Plain Yoghurt. Grind over some pepper and garnish with coriander.