



Everything
But The Chef

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WK10
2015

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Golden Corn Fritters with Guacamole

This is the stadium rock of dinners: On lead guitar guitar, we have corn, frittering away. On bass, rocket keeps you humming along in style. Finally, bringing up the rhythm section is our HelloFresh guacamole. Full of flavour and funk, this guy really knows how to party. Rock on!



Sweet Paprika



Corn



Capsicum



Spring Onions



Avocado



Carrot



Coriander



Tomato



Lemon



Rocket

2P	4P	Ingredients
50 ml	100 ml	milk *
1	2	egg, lightly whisked *
1/4 cup	1/2 cup	flour *
1 tsp	2 tsp	HelloFresh sweet paprika
1	2	corn cob, kernels removed
1	2	carrot, grated
1	2	capsicum, finely chopped
1 bunch	2 bunches	spring onion, finely chopped
1	2	avocado, mashed
2 tbs	4 tbs	coriander, finely chopped
2	4	tomatoes, finely diced
1	2	lemon, juiced
70 g	140 g	rocket, washed ☒

☒ May feature in another recipe

* Good to have at home

Nutrition per serving

Energy	1860	Kj
Protein	30.4	g
Fat, total	23.2	g
-saturated	2.9	g
Carbohydrate	19.6	g
-sugars	4.5	g

Measuretool

0 cm	1 cm	2 cm



1 Whisk together the **milk**, **egg**, **flour**, and **sweet paprika** in a large bowl. Combine well and add the **corn**, **carrot**, **capsicum**, and **spring onion**. Season with **salt** and **pepper**. Mix well. Your mixture should be sticky and hold together like pancake mixture - if it's too runny or dry, add more flour or milk, a little at a time until you get the desired consistency.



2 Heat a little oil in a non-stick frying pan over a medium heat. Using a tablespoon, place heaped spoonfuls of the mixture in the pan and cook in batches. Cook them for **2 minutes** until you start to see bubbles form on the top. Turn them once, cook until golden and cooked through. Drain on paper towel, cover and keep warm as you cook remaining fritters - add more oil to the pan if necessary.



3 In a bowl combine the **avocado mash**, **coriander leaves** and the **tomatoes**. Give it a good squeeze of **lemon** and season to your liking with some salt, pepper, and olive oil.



4 Serve the cakes with the guacamole, and **rocket**. If you're a condiment kind of person our recommendation would be sweet chilli!

Did you know? Another name for the avocado is the "alligator pear," so-called because of its alligator skin texture and pear shape.