



Island Bay Corn Fritters & Wedges

with Pineapple Salsa & Coconut Sweet Chilli Mayo

Grab your Meal Kit with this symbol



Potato



Pineapple Slices



Sweetcorn



Cherry Tomatoes



Lime



Coriander



Spring Onion



Shredded Cheddar Cheese



Mild Caribbean Jerk Seasoning



Coconut Sweet Chilli Mayonnaise

Hands-on: 25-35 mins
Ready in: 35-45 mins

Take one part crunchy corn fritters, one part zesty salsa, and a whole lot of tropical island flair to create a delicious weeknight meal everyone will love!

Pantry items

Olive Oil, Plain Flour, Egg, Milk

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

| | 2 People | 4 People |
|---------------------------------|-------------------|--------------------|
| olive oil* | refer to method | refer to method |
| potato | 2 | 4 |
| pineapple slices | 1 tin | 2 tins |
| sweetcorn | 1 tin (300g) | 2 tins (600g) |
| cherry tomatoes | 1 punnet | 2 punnets |
| lime | ½ | 1 |
| coriander | 1 bag | 1 bag |
| spring onion | 2 stems | 4 stems |
| shredded Cheddar cheese | 1 packet (50g) | 1 packet (100g) |
| mild Caribbean jerk seasoning | 1 sachet | 2 sachets |
| plain flour* | ½ cup | 1 cup |
| egg* | 1 | 2 |
| milk* | 2 tbs | 4 tbs |
| salt* | ¼ tsp | ½ tsp |
| coconut sweet chilli mayonnaise | 1 packet (50g) | 1 packet (100g) |

*Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3246kJ (775Cal) | 444kJ (106Cal) |
| Protein (g) | 25.1g | 3.4g |
| Fat, total (g) | 36.5g | 5g |
| - saturated (g) | 9.2g | 1.3g |
| Carbohydrate (g) | 81.9g | 11.2g |
| - sugars (g) | 28.5g | 3.9g |
| Sodium (mg) | 1586mg | 217mg |

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the wedges

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm wedges. Place on an oven tray lined with baking paper. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **25-30 minutes**.

TIP: Cut the potato to size so it cooks in time.



Get prepped

While the wedges are cooking, drain the **pineapple slices**. Drain the **sweetcorn**. Halve the **cherry tomatoes**. Zest the **lime** to get a good pinch, then cut into wedges. Roughly chop the **coriander**. Thinly slice the **spring onion**.



Make the salsa

Heat a large frying pan over a high heat. Add the **pineapple** and cook, turning occasionally, until browned and slightly charred, **3-4 minutes**. Set aside to cool slightly, then roughly chop the **pineapple**. In a medium bowl, combine the **cherry tomatoes**, a generous squeeze of **lime juice** and 1/2 the **coriander**. Add the **pineapple** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Toss to coat and set aside.



Make the fritter mixture

In a large bowl, combine the **sweetcorn**, **shredded Cheddar cheese** and **mild Caribbean jerk seasoning**. Add the **plain flour**, **egg**, **milk**, **salt**, **lime zest**, **spring onion** and **remaining coriander** and stir to combine.

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!



Cook the fritters

Return the pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, add 1/4 **cup** of the **fritter mixture** to the pan and flatten into a patty using a spatula. Repeat with the **remaining mixture**, without crowding the pan. Cook until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with a paper towel. Repeat to cook the **remaining fritter mixture**, adding extra **oil** as needed.

TIP: Give the fritters time to set before flipping them!



Serve up

Divide the island bay corn fritters, wedges and pineapple salsa between plates. Serve with the **coconut sweet chilli mayonnaise**.

Enjoy!