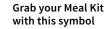
# Island Bay Corn Fritters & Wedges with Pineapple Salsa & Coconut Sweet Chilli Mayo













Potato

Pineapple Slices





Sweetcorn

**Cherry Tomatoes** 





Coriander



Spring Onion

Shredded Cheddar Cheese



Mild Caribbean Jerk Seasoning



**Coconut Sweet** Chilli Mayonnaise

**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

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	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	1/2	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*	1/4 tsp	½ tsp	
coconut sweet chilli mayonnaise	1 packet (50g)	1 packet (100g)	

<sup>\*</sup>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!