



Middle Eastern-Spiced Corn Fritters

with Roast Potato, Golden Goddess Salad & Almonds

Grab your Meal Kit
with this symbol



Potato



Sweetcorn



Spring Onion



Mint



Ras El Hanout



Chermoula Spice Blend



Vegetable Stock Powder



Cherry/Snacking Tomatoes



Cos Lettuce



Flaked Almonds



Shredded Cheddar Cheese



Golden Goddess Dressing



Garlic Sauce

Prep in: 20-30 mins
Ready in: 30-40 mins

Props to our ras el hanout and chermoula spice blends; they're all you need to give tonight's fritters some Middle Eastern vibes. Mint is the other 'secret' ingredient in the fritter mixture, imparting a subtly sweet and refreshing flavour. Round out the dish with roast potato chunks, a simple yet delightful salad, and of course, creamy garlic sauce for some dipping action.

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
sweetcorn	1 tin (300g)	2 tins (600g)
spring onion	1 stem	2 stems
mint	1 bag	1 bag
shredded Cheddar cheese	1 medium packet	1 large packet
plain flour*	½ cup	1 cup
ras el hanout	1 medium sachet	1 large sachet
chermoula spice blend	1 medium sachet	1 large sachet
egg*	1	2
milk*	2 tbs	¼ cup
vegetable stock powder	1 medium sachet	1 large sachet
cherry/snacking tomatoes	1 punnet	2 punnets
cos lettuce	½ head	1 head
golden goddess dressing	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet
garlic sauce	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3349kJ (800Cal)	485kJ (116Cal)
Protein (g)	30.3g	4.4g
Fat, total (g)	31.5g	4.6g
- saturated (g)	8.9g	1.3g
Carbohydrate (g)	93g	13.5g
- sugars (g)	13.8g	2g
Sodium (mg)	1855mg	268mg

The quantities provided above are averages only.

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.

1



Roast the potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks.
- Place **potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the potato between two trays.

2



Make the fritters

- Meanwhile, drain **sweetcorn**. Thinly slice **spring onion**. Pick and roughly chop **mint** leaves.
- In a medium bowl, combine **corn**, **spring onion**, **mint** leaves, **shredded Cheddar cheese**, the **plain flour**, **ras el hanout** and **chermoula spice blend**. Add the **egg**, the **milk**, **vegetable stock powder** and a pinch of **pepper**. Mix well.

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!

3



Cook the fritters

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- When oil is hot, add heaped tablespoons of **fritter** mixture, in batches, flattening with a spatula. Cook until golden, **3-4 minutes** each side (don't flip too early!).
- Transfer to a paper towel-lined plate. You should get 3-4 fritters per person.

TIP: Add extra olive oil between batches as needed.

4



Prep the salad

- While the fritters are cooking, halve **cherry tomatoes**.
- Finely shred **cos lettuce** (see ingredients).

5



Toss the salad

- In a medium bowl, combine **cherry tomatoes**, **cos lettuce** and **golden goddess dressing**.
- Season to taste.

6



Serve up

- Divide Middle Eastern-spiced corn fritters, roast potato and cherry tomato salad between plates.
- Sprinkle with **flaked almonds**.
- Serve with **garlic sauce**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW27



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