



# Middle Eastern-Spiced Corn Fritters

with Roast Potato, Golden Goddess Salad & Almonds

Grab your Meal Kit with this symbol



Potato



Sweetcorn



Spring Onion



Mint



Shredded Cheddar Cheese



Chermoula Spice Blend



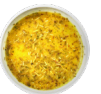
Vegetable Stock Powder



Snacking Tomatoes



Baby Cos Lettuce



Golden Goddess Dressing



Flaked Almonds



Garlic Sauce



Diced Bacon

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

Props to our chermoula spice blend; it's 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.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plain Flour, Egg, Milk

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

Oven tray lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>plain flour*</b>	½ cup	1 cup
chermoula spice blend	1 medium sachet	1 large sachet
<b>egg*</b>	1	2
<b>milk*</b>	2 tbs	¼ cup
vegetable stock powder	1 medium sachet	1 large sachet
snacking tomatoes	1 punnet	2 punnets
baby 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	2 medium packets
diced bacon**	1 packet (90g)	1 packet (180g)

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3168kJ (757Cal)	463kJ (111Cal)
Protein (g)	28.8g	4.2g
Fat, total (g)	29.3g	4.3g
- saturated (g)	7.1g	1g
Carbohydrate (g)	89.6g	13.1g
- sugars (g)	14.7g	2.2g
Sodium (mg)	1709mg	250mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3557kJ (850Cal)	488kJ (117Cal)
Protein (g)	35.5g	4.9g
Fat, total (g)	36.2g	5g
- saturated (g)	9.7g	1.3g
Carbohydrate (g)	90.5g	12.4g
- sugars (g)	15.3g	2.1g
Sodium (mg)	2141mg	294mg

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

## We're here to help!

Scan here if you have any questions or concerns



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**, **shredded Cheddar cheese**, the **plain flour** and **chermoula spice blend**. Add the **egg**, **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!

**Custom Recipe:** If you've added diced bacon, heat a large frying pan with a drizzle of olive oil over medium-high heat. Cook diced bacon, breaking bacon up with a spoon, until golden, 4-6 minutes. Add the diced bacon to the bowl with the fritter mix.

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 the **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 **snacking tomatoes**.
- Finely shred **baby cos lettuce** (see ingredients).

5



## Toss the salad

- In a medium bowl, combine **tomato**, **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 over **flaked almonds**.
- Serve with **garlic sauce**. Enjoy!

## Rate your recipe

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