

Spiced Corn & Fetta Fritters

with Sweet Potato Fries & Apple Salad

Grab your Meal Kit with this symbol



Sweet Potato



Sweetcorn



Carrot



Apple



Nan's Special Seasoning



Vegetable Stock Powder



Shredded Cheddar Cheese



Fetta Cubes





Spinach & Rocket Mix



Dill & Parsley Mayonnaise



Flaked Almonds

 Hands-on: **20-30 mins**
 Ready in: **30-40 mins**
 **Naturally Gluten-Free**
Not suitable for coeliacs

Make crispy corn fritters even better by adding a handful of feta cubes to the mixture; they add a little creaminess and get lovely and gooey with the sharp Cheddar in the pan. Serve with oven-baked SP fries and a tart and peppery salad for some crunch.

Pantry items

Olive Oil, Plain Flour (or Gluten-Free Plain Flour), Egg, Milk, Balsamic Vinegar

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
sweet potato	2	4
sweetcorn	1 tin (300g)	2 tins (600g)
carrot	1	2
apple	½	1
plain flour* (or gluten-free plain flour)	½ cup	1 cup
egg*	1	2
milk*	2 tbs	¼ cup
Nan's special seasoning	1 medium sachet	2 medium sachets
vegetable stock powder	1 medium sachet	1 large sachet
shredded Cheddar cheese	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
balsamic vinegar*	drizzle	drizzle
spinach & rocket mix	1 small bag	1 medium bag
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3378kJ (807Cal)	573kJ (136Cal)
Protein (g)	28.7g	4.9g
Fat, total (g)	39.4g	6.7g
- saturated (g)	12.4g	2.1g
Carbohydrate (g)	79.1g	13.4g
- sugars (g)	26.4g	4.5g
Sodium (mg)	1827mg	310mg

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.



Bake the sweet potato fries

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

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



Get prepped

While fries are baking, drain **sweetcorn**. Grate **carrot**, then squeeze out any excess moisture using a paper towel. Thinly slice **apple** (see ingredients) into wedges.

TIP: Removing excess liquid from the carrot will help the fritters crisp up in the pan!



Make the fritter mixture

In a large bowl, combine **corn**, **carrot**, the **plain flour**, **egg**, **milk**, **Nan's special seasoning**, **vegetable stock powder**, **shredded Cheddar cheese** and a pinch of **pepper**. Crumble in the **fetta cubes**. Mix well to combine.



Cook the fritters

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

TIP: Add extra oil between batches as needed.



Toss the salad

While fritters are cooking, combine a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl. Season, then add **apple** and **spinach & rocket mix**. Toss to coat.



Serve up

Divide spiced corn and fetta fritters, sweet potato fries and apple salad between plates. Drizzle fritters with **dill & parsley mayonnaise**. Sprinkle with **flaked almonds** to serve.

Enjoy!

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