



# Loaded Mexican Corn Fritter Bowl

with Guac & Sour Cream

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Spring Onion



Coriander



Tomato



Cucumber



Lime



Sweetcorn



Avocado



Shredded Cheddar Cheese



Mexican Fiesta Spice Blend



Vegetable Stock



Sour Cream

- Hands-on: **30-40** mins
- Ready in: **40-50** mins
- Spicy (Mexican Fiesta spice blend)

These gloriously bright fritters are both crunchy and sweet, and they're offset perfectly by an A-team of tangy sour cream, guacamole and zesty salsa. If you fancy it, you could also break out your favourite hot sauce for these bad boys!

### Pantry items

Olive Oil, Butter, 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

Medium saucepan with a lid · Large frying pan

### Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	2 packets
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
spring onion	1 bunch	1 bunch
coriander	1 bunch	1 bunch
tomato	1	2
cucumber	1	2
lime	½	1
sweetcorn	1 tin (300g)	2 tins (600g)
avocado	1	2
shredded Cheddar cheese	1 packet (50g)	1 packet (100g)
Mexican Fiesta spice blend	1 sachet	2 sachets
vegetable stock	1 cube	2 cubes
plain flour*	½ cup	1 cup
egg*	1	2
milk*	2 tbs	½ cup
sour cream	1 packet (100g)	1 packet (200g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	4100kJ (980Cal)	643kJ (154Cal)
Protein (g)	28.5g	4.5g
Fat, total (g)	46.3g	7.3g
- saturated (g)	21.4g	3.4g
Carbohydrate (g)	106g	16.6g
- sugars (g)	14.7g	2.3g
Sodium (g)	1500mg	235mg

### Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information



## 1. Cook the garlic rice

Finely chop the **garlic** (or use a garlic press). In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** (reserve a pinch for the guacamole) and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## 4. Make the fritter mixture

**SPICY!** The spice blend is hot, use less if you're sensitive to heat. In a second medium bowl, combine the **sweetcorn**, **shredded Cheddar cheese**, **lime zest**, **spring onion**, **coriander**, **Mexican Fiesta spice blend**, crumbled **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**), **plain flour**, **egg** and **milk**.

**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!



## 2. Get prepped

While the rice is cooking, thinly slice the **spring onion**. Roughly chop the **coriander**. Finely chop the **tomato** and **cucumber**. Zest the **lime** (see **ingredients list**) to get a **good pinch**, then cut into wedges. Drain the **sweetcorn**. In a small bowl, combine the **tomato**, **cucumber**, a **squeeze** of **lime juice** and a **drizzle** of **olive oil**. Season with **salt** and **pepper** and, just before serving, stir to combine.



## 3. Make the guacamole

Scoop the flesh of the **avocado** into a medium bowl and roughly mash with the back of a fork. Add a **squeeze** of **lime juice**, the **reserved pinch** of **garlic** and season with **salt** and **pepper**. Mix well, then set aside.



## 5. Cook the fritters

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, take a heaped tablespoon of the **fritter mixture** and add to the pan. Repeat with the some of the **remaining mixture**, without crowding the pan. Cook until golden and cooked through, **4-5 minutes** each side. Transfer to a plate lined with paper towel. Repeat with the **remaining fritter mixture**, adding extra oil as needed. You should get 4-5 fritters per person.



## 6. Serve up

Divide the garlic rice between bowls and top with the corn fritters, guacamole, tomato salsa, **sour cream** and the remaining lime wedges.

**Enjoy!**