



# Miso Corn Fritters & Sesame Fries

with Mixed Asian Salad & Roasted Peanuts

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Spring Onion



Carrot



Garlic



Cucumber



Sugar Snap Peas



Coriander



Sweetcorn



Mayonnaise



Miso Paste



Japanese Dressing



Mixed Salad Leaves



Long Red Chilli (Optional)



Roasted Peanuts

- Hands-on: **25-35 mins**
- Ready in: **45-55 mins**
- Spicy (optional long red chilli)

This plate of veggie-loaded miso fritters is so packed with bountiful flavour, you'll be hard-pressed on what to start eating first. Enjoy the crunch that comes from the Asian-style salad and the moreish miso dressing slathered over the fritters and sesame fries.

### Pantry items

Olive Oil, Honey, 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
mixed sesame seeds	1 sachet	2 sachets
spring onion	2 stems	4 stems
carrot	1	2
garlic	2 cloves	4 cloves
cucumber	1	2
sugar snap peas	1 bag (100g)	1 bag (200g)
coriander	1 bag	1 bag
sweetcorn	1 tin (300g)	2 tins (600g)
mayonnaise	1 packet (40g)	2 packets (80g)
miso paste	1 tub	2 tubs
honey*	½ tsp	1 tsp
plain flour*	½ cup	1 cup
egg*	1	2
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
Japanese dressing	1 tub	2 tubs
mixed salad leaves	1 bag (30g)	1 bag (60g)
long red chilli (optional)	½	1
roasted peanuts	1 packet	2 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3370kJ (805Cal)	442kJ (105Cal)
Protein (g)	27.9g	3.7g
Fat, total (g)	34.7g	4.6g
- saturated (g)	4.5g	0.6g
Carbohydrate (g)	85.8g	11.3g
- sugars (g)	23.1g	3g
Sodium (mg)	1805mg	237mg

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://www.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 fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the fries and **mixed sesame seeds** on an oven tray lined with baking paper. Season with **salt** and drizzle with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.



## 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, add 1/4 cup of the **fritter mixture** to the pan and flatten into a patty using a spatula. 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!



## Get prepped

While the fries are baking, thinly slice the **spring onion**. Grate the **carrot** (unpeeled). Finely chop the **garlic**. Thinly slice the **cucumber** into rounds. Trim the **sugar snap peas** and thinly slice lengthways. Roughly chop the **coriander**. Drain the **sweetcorn**. In a small bowl, combine the **mayonnaise**, 1/2 tsp of the **miso paste** and the **honey**. Set aside.



## Toss the salad

In a medium bowl, combine the **Japanese dressing**, the **mixed salad leaves**, **cucumber** and **sugar snap peas**.



## Make the fritter mix

Squeeze out excess moisture from the **carrot** and add to a medium bowl. Add the remaining **miso paste**, **sweetcorn**, **coriander**, **spring onion**, **garlic**, **plain flour**, **egg**, **milk** and the **salt**. Season with **pepper** and stir well to combine.



## Serve up

Thinly slice the **red chilli** (if using). Divide the miso corn fritters between plates. Serve with the sesame fries and the mixed Asian salad. Top with the miso mayo and sprinkle over the red chilli. Garnish with the **roasted peanuts**.

Enjoy!