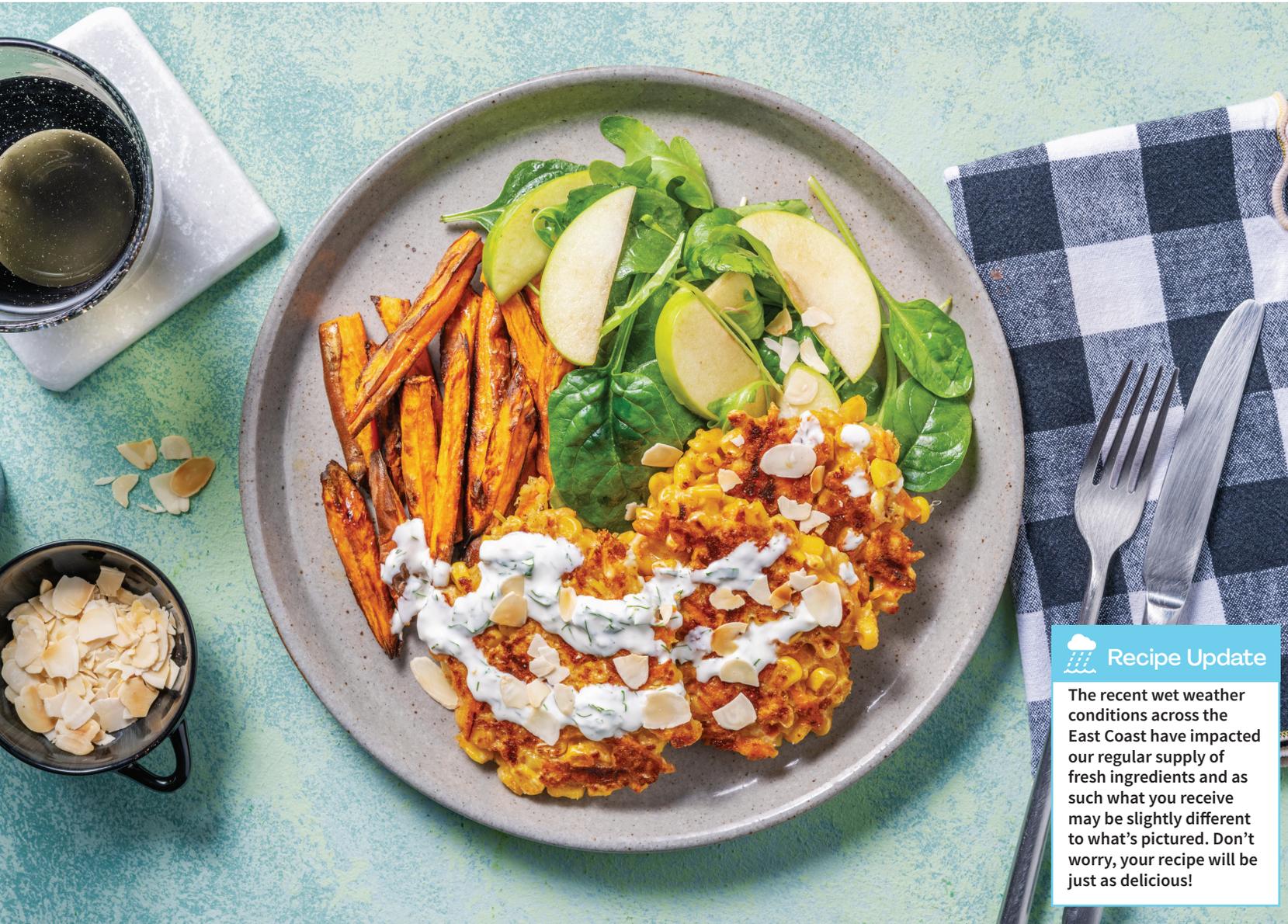


Spiced Corn & Fetta Fritters

with Sweet Potato Fries & Apple Salad

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Sweetcorn
-  Carrot
-  Apple
-  Aussie Spice Blend
-  Vegetable Stock Powder
-  Shredded Cheddar Cheese
-  Fetta Cubes
-  Salad leaves
-  Flaked Almonds
-  Dill & Parsley Mayonnaise

 **Recipe Update**

The recent wet weather conditions across the East Coast have impacted our regular supply of fresh ingredients and as such what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

 **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 fetta cubes to the mixture; they add a little creaminess and get lovely and oozy with the sharp Cheddar in the pan. Serve with oven-baked SP fries and a sweet, 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
Aussie spice blend	1 sachet	2 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
salad leaves	1 small bag	1 medium bag
flaked almonds	1 medium packet	1 large packet
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3313kJ (792Cal)	564kJ (135Cal)
Protein (g)	28.5g	4.9g
Fat, total (g)	38.8g	6.6g
- saturated (g)	12.6g	2.1g
Carbohydrate (g)	78.3g	13.3g
- sugars (g)	26.4g	13.3g
Sodium (mg)	1856mg	316mg

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 the oven to **240°C/220°C fan-forced**. Cut the **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 the fries are baking, drain the **sweetcorn**. Grate the **carrot**. Thinly slice the **apple** (see ingredients) into wedges.



Make the fritter mixture

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



Cook the fritters

In a large frying pan, heat enough **olive oil** to coat the base over a medium-high heat. When the 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 the fritters are cooking, combine a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl. Season, then add the **apple** and **salad leaves**. Toss to coat.



Serve up

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

Enjoy!

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