



Everything But The Chef

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Sweet Corn Fritters with Guacamole

Back by popular demand, and now featuring Roza's inimitable tomato chutney, this is the stadium rock of dinners: On lead guitar, we have corn, frittering away. On bass, mixed salad keeps you humming along in style. Bringing up the rhythm section is suave guacamole and on vocals is tomato chutney, ready to make you swoon. Full of flavour and funk, these guys really knows how to party. Rock on!

Prep: 10 mins
Cook: 15 mins
Total: 25 mins

level 1
 low sodium

Pantry Items



Milk



Plain Flour



Olive Oil



Free-Range Egg



Paprika



Corn



Red Capsicum



Spring Onions



Avocado



Coriander



Lemon



Tomato Chutney



Mixed Salad Leaves

2P	4P	Ingredients	
2 tbs	4 tbs	milk *	
1	2	free-range egg, lightly whisked	⊕
¼ cup	½ cup	plain flour *	
1 tsp	2 tsp	paprika	
1 cob	2 cobs	corn, husked & shucked	
½	1	red capsicum, finely diced	⊕
1 bunch	2 bunches	spring onions, finely sliced	
1 tbs	2 tbs	olive oil *	
1	2	avocado, mashed	A
1 bunch	2 bunches	coriander, finely chopped	
½	1	lemon, juiced	⊕
3 tbs	6 tbs	tomato chutney	
½ bag	1 bag	mixed salad leaves	⊕

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	1890	Kj
Protein	13.4	g
Fat, total	25.5	g
-saturated	5.3	g
Carbohydrate	38.6	g
-sugars	13.9	g
Sodium	96	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chef's knife, chopping board, whisk, fork, large bowl, non-stick frying pan, plate, paper towel, foil, spatula, and a small bowl.

1 Whisk together the **milk**, **free-range egg**, **plain flour**, and **paprika** in a large bowl. Add the **corn**, **red capsicum**, and **spring onion**. Season with **salt** and **pepper**. Mix well. Your mixture should be sticky and hold together like pancake mixture - if it's too runny or dry, add more flour or milk, a little at a time until you get the desired consistency.

2 Heat the **olive oil** in a non-stick frying pan over a medium heat. Place 2 tablespoons of the mixture in the pan for each fritter. Cook in batches. Cook them for **2-3 minutes** or until the base is golden. Flip and then cook until golden and cooked through. Drain on paper towel, cover and keep warm as you cook remaining fritters - add more oil to the pan if necessary.

3 In a bowl, combine the **avocado** and **coriander**. Give it a good squeeze of **lemon juice** and season to your liking with salt, pepper and a little olive oil.

4 Serve the fritters with the guacamole, **tomato chutney** and **mixed salad leaves**. Drizzle the mixed leaves with a little olive oil and lemon juice, if you like.

Did you know? Chutney originates from Indian cuisine, and was initially made with fruits and spices.