



Everything But The Chef

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Sweet Corn Fritters with Guacamole

A HelloFresh favourite recipe, 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, 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
 veggie
 low sodium
 one pan wonder

Pantry Items

- Milk
- Plain Flour
- Olive Oil
- Egg



Paprika



Corn



Red Capsicum



Spring Onions



Avocado



Yoghurt



Birdseye Chilli



Coriander



Lime



Mixed Salad Leaves

| 2P | 4P | Ingredients |
|---------|-----------|-------------------------------|
| 2 tbs | 4 tbs | milk * |
| 1 | 2 | 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 |
| 1 tub | 2 tubs | yoghurt |
| 1 | 2 | birdseye chilli, finely diced |
| 1 bunch | 2 bunches | coriander, finely chopped |
| ½ | 1 | lime, juiced |
| ½ bag | 1 bag | mixed salad leaves, washed |

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

| | | |
|--------------|------|----|
| Energy | 1880 | Kj |
| Protein | 15.9 | g |
| Fat, total | 26.3 | g |
| -saturated | 6.3 | g |
| Carbohydrate | 33.9 | g |
| -sugars | 9.7 | g |
| Sodium | 101 | 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**, **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 lined plate, cover with foil and keep warm as you cook the remaining fritters - add more oil to the pan if necessary.

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

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

Did you know? Paprika is the name of a spice as well as a Japanese animated film which is based on a novel of the same name by author Yasutaka Tsutsui.