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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













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 *	
1/4 cup	½ cup	plain flour *	
1 tsp	2 tsp	paprika	
1 cob	2 cobs	corn, husked & shucked	
1/2	1	red capsicum, finely diced	
1 bunch	2 bunches	spring onions, finely sliced	
1 tbs	2 tbs	olive oil *	
1	2	avocado, mashed	Α
1 tub	2 tubs	yoghurt	
1	2	birdseye chilli, finely diced	*************************************
1 bunch	2 bunches	coriander, finely chopped	
1/2	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

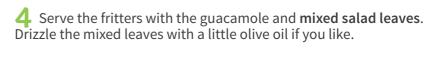
Measuretool

cm	1cm	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.

- 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.
- 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.









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.