

Nan's Sweetcorn & Fetta Fritters

with Fries & Apple Salad

CLIMATE SUPERSTAR

Grab your meal kit with this number

43



Potato



Sweetcorn



Carrot



Apple



Nan's Special Seasoning



Cheddar Cheese



Fetta Cubes



Spinach & Rocket Mix



Dill & Parsley Mayonnaise



Flaked Almonds



Diced Bacon



Haloumi

Prep in: 20-30 mins
Ready in: 30-40 mins

Make crispy corn fritters even better by lacing them with Nan's special seasoning and adding a handful of fetta cubes to the mixture; they add a little creaminess and get lovely and gooey with the sharp Cheddar in the pan. Serve with oven-baked fries and a subtly tart and peppery salad for some crunch.

Pantry items

Olive Oil, Plain Flour, Egg, Milk, Balsamic Vinegar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
sweetcorn	1 large tin	2 large tins
carrot	1	2
apple	½	1
plain flour*	½ cup	1 cup
egg*	1	2
milk*	2 tbs	¼ cup
Nan's special seasoning	1 medium sachet	1 large sachet
Cheddar cheese	1 medium packet	1 large packet
fetta cubes	1 large packet	2 large packets
balsamic vinegar*	drizzle	drizzle
spinach & rocket mix	½ medium packet	1 medium packet
dill & parsley mayonnaise	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3076kJ (735cal)	376kJ (90cal)
Protein (g)	25.9g	3.2g
Fat, total (g)	36.4g	4.4g
- saturated (g)	10.2g	1.2g
Carbohydrate (g)	71.9g	8.8g
- sugars (g)	17.6g	2.2g
Sodium (mg)	1116mg	136.4mg
Dietary Fibre (g)	10.3g	1.3g

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.

1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place **fries** 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.

2



Get prepped

- Meanwhile, drain **sweetcorn**.
- Grate **carrot**, then squeeze out any excess moisture using a paper towel.
- Thinly slice **apple** (see ingredients) into wedges.

TIP: Removing excess liquid from the carrot will help the fritters crisp up in the pan.

3



Make the fritter mixture

- In a large bowl, combine **corn**, **carrot**, the **plain flour**, **egg**, **milk**, **Nan's special seasoning** and **Cheddar cheese**.
- Season with **pepper**.
- Crumble in **fetta cubes**. Mix well to combine.

4



Cook the fritters

- In a large frying pan, heat enough **olive oil** to coat the base over medium-high heat.
- When oil is hot, add heaped tablespoons of the **fritter mixture**, in batches, flattening with a spatula. Cook until golden, **3-4 minutes** each side (don't flip too early!).
- Transfer to a paper towel-lined plate. You should get 3-4 fritters per person.

TIP: Add extra oil between batches as needed.

5



Toss the salad

- Meanwhile, in a medium bowl, combine a drizzle of the **balsamic vinegar** and **olive oil**.
- Season, then add **apple** and **spinach & rocket mix** (see ingredients). Toss to coat.

6



Serve up

- Divide Nan's sweetcorn and fetta fritters, fries and apple salad between plates.
- Drizzle **dill & parsley mayonnaise** over the fritters.
- Sprinkle with **flaked almonds** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Add to fritter mixture. Continue with recipe.



ADD HALOUMI

Cut into 1cm slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

