



Cheesy Mumbai Corn Fritters

with Potato-Cauliflower Toss & Mint Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Potato



Cauliflower



Brown Mustard Seeds



Sweetcorn



Carrot



Brown Onion



Garlic



Lemon



Mumbai Spice Blend



Cheddar Cheese



Mint



Greek-Style Yoghurt



Baby Spinach Leaves



Pepitas



Diced Bacon



Cheddar Cheese

Prep in: 25-35 mins
Ready in: 35-45 mins



Jazz up juicy corn fritters by lacing the mixture with our Mumbai spice blend and a sprinkle of Cheddar. Serve with a brown mustard seed-adorned potato and cauliflower toss, plus a creamy, refreshing mint yoghurt and you'll have turned a breakfast dish into a delightful dinner.

Pantry items

Olive Oil, Egg, Plain Flour, Milk

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
cauliflower	1 medium portion	1 large portion
brown mustard seeds	1 sachets	2 sachets
sweetcorn	1 medium tin	1 large tin
carrot	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
lemon	½	1
egg*	1	2
Mumbai spice blend	1 medium sachet	1 large sachet
Cheddar cheese	1 medium packet	1 large packet
plain flour*	½ cup	1 cup
milk*	2 tbs	¼ cup
mint	1 packet	1 packet
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 small packet	1 medium packet
pepitas	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2436kJ (582cal)	219kJ (52cal)
Protein (g)	27.7g	2.5g
Fat, total (g)	20.3g	1.8g
- saturated (g)	7.5g	0.7g
Carbohydrate (g)	68.4g	6.1g
- sugars (g)	22.6g	2g
Sodium (mg)	888mg	79.8mg
Dietary Fibre (g)	16.8g	1.5g

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



Roast the bombay veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into bite-sized chunks and **cauliflower** into small florets.
- Place **potato** and **cauliflower** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **brown mustard seeds** and season with **salt**. Toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

4



Cook the frittlers

- 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 **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 frittlers per person.

TIP: Add extra olive oil between batches as needed.

2



Get prepped

- Meanwhile, drain **sweetcorn**.
- Grate **carrot**, squeezing out any excess moisture with a paper towel.
- Thinly slice **brown onion**.
- Finely chop **garlic**.
- Slice **lemon** into wedges.

TIP: Removing excess liquid from the veggies will help the frittlers crisp up in the pan!

5



Finish the sides

- While the frittlers are cooking, pick and finely slice **mint** leaves.
- In a small bowl, combine **mint** and **Greek-style yoghurt**. Season to taste. Set aside.
- To the veggie tray, add **baby spinach leaves** and a squeeze of **lemon juice**. Toss to coat. Season to taste.

3



Make the fritter mixture

- In a medium bowl, combine the **egg**, **sweetcorn**, **carrot**, **onion**, **garlic**, **Mumbai spice blend**, **Cheddar cheese**, **plain flour** and **milk**.

TIP: Lift out some of the mixture with a spoon, if it's too wet and doesn't hold its shape, add a little more flour!

6



Serve up

- Divide cheesy Mumbai corn frittlers and bombay potato-cauliflower toss between plates.
- Sprinkle over **pepitas**.
- Serve with mint yoghurt and any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW46



CUSTOM OPTIONS



ADD DICED BACON

Cook, breaking up with a spoon, 4-6 minutes. Add to veggie tray and toss to coat.



DOUBLE CHEDDAR CHEESE

Follow method above.

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

