

Cheesy Mumbai Corn Fritters

with Potato-Cauliflower Toss & Mint Yoghurt

Grab your meal kit with this number

8



Potato



Cauliflower



Brown Mustard Seeds



Sweetcorn



Carrot



Brown Onion



Garlic



Lime



Mumbai Spice Blend



Cheddar Cheese



Mint



Greek-Style Yoghurt



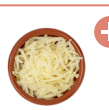
Baby Spinach Leaves



Pepitas



Diced Bacon



Cheddar Cheese

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

Calorie Smart

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 large tin	2 large tins
carrot	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
lime	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)	2565kJ (613Cal)	362kJ (86Cal)
Protein (g)	27.7g	3.9g
Fat, total (g)	20.8g	2.9g
- saturated (g)	7.5g	1.1g
Carbohydrate (g)	73.6g	10.4g
- sugars (g)	25.1g	3.5g
Sodium (mg)	933mg	132mg
Dietary Fibre (g)	17.4g	2.5g

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.



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.



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 **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 olive oil between batches as needed.



Get prepped

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

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



Finish the sides

- While the fritters 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 **lime juice**. Toss to coat. Season to taste.



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!



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

2024 | CW50



CUSTOM OPTIONS



ADD DICED BACON

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



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.

