



Cheesy Mumbai Corn Fritters & Potato Toss

with Mint Yoghurt & Pepitas

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Brown Mustard Seeds



Sweetcorn



Carrot



Brown Onion



Lime



Pepitas



Mild North Indian Spice Blend



Mumbai Spice Blend



Mint



Baby Spinach Leaves



Shredded Cheddar Cheese



Greek-Style Yoghurt



Diced Bacon

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

Calorie Smart
**Custom recipe is not Calorie Smart*

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

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Egg, Plain Flour, Milk

Before you start

Remember to wash your hands for 20 seconds.

You'll also need to give your veggies a wash.

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
brown mustard seeds	1 medium sachet	2 medium sachets
sweetcorn	1 medium tin	1 large tin
carrot	1	2
brown onion	1	2
lime	½	1
egg*	1	2
mild North Indian spice blend	1 medium sachet	1 large sachet
Mumbai spice blend	1 medium sachet	1 large sachet
shredded Cheddar cheese	1 medium packet	1 large packet
plain flour*	½ cup	1 cup
milk*	2 tbs	¼ cup
mint	1 bag	1 bag
Greek-style yoghurt	1 medium packet	1 large packet
baby spinach leaves	1 medium bag	1 large bag
pepitas	1 medium packet	1 large packet
diced bacon**	1 packet (90g)	1 packet (180g)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2495kJ (596Cal)	386kJ (92Cal)
Protein (g)	28.2g	4.4g
Fat, total (g)	20.8g	3.2g
- saturated (g)	7.7g	1.2g
Carbohydrate (g)	70g	10.8g
- sugars (g)	24.2g	3.7g
Sodium (mg)	1161mg	180mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2885kJ (690Cal)	418kJ (100Cal)
Protein (g)	34.9g	5.1g
Fat, total (g)	27.7g	4g
- saturated (g)	10.2g	1.5g
Carbohydrate (g)	70.9g	10.3g
- sugars (g)	24.8g	3.6g
Sodium (mg)	1593mg	231mg

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.

We're here to help!

Scan here if you have any questions or concerns



Roast the potato

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

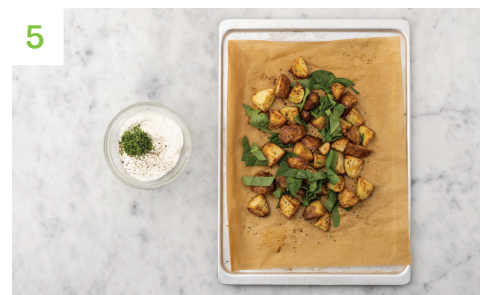
TIP: Add extra olive oil between batches as needed.



Get prepped

- Meanwhile, drain **sweetcorn**. Grate **carrot**, squeezing out any excess moisture with a paper towel or clean cloth.
- Thinly slice **brown onion**.
- 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 roast potato 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**, **mild North Indian spice blend**, **Mumbai spice blend**, **shredded Cheddar cheese**, the **plain flour** and the **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!

Custom Recipe: If you've added diced bacon, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook diced bacon, breaking up with a spoon, until golden, 4-6 minutes. Transfer to the bowl with the fritter mixture.



Serve up

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

Rate your recipe

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