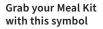


# Mexican Corn Fritter Tacos

with Avocado & BBQ Mayo









Red Onion









Coriander

Avocado





Cos Lettuce

Sweetcorn



Shredded Cheddar



Mexican Fiesta Spice Blend





Vegetable Stock Powder

Mini Flour Tortillas



BBQ Mayo

**Pantry items** 

Olive Oil, White Wine Vinegar, Plain Flour, Milk, Egg

Fiesta spice blend)

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Large frying pan

# Ingredients

2 People	4 People
refer to method	refer to method
1/2	1
1	2
1 bag	1 bag
1	2
½ head	1 head
1 tin (300g)	2 tins (600g)
drizzle	drizzle
1 medium packet	1 large packet
1 sachet	2 sachets
½ cup	1 cup
1 medium sachet	1 large sachet
2 tbs	¼ cup
1	2
6	12
1 packet (50g)	1 packet (100g)
	refer to method 1/2 1 1 bag 1 1/2 head 1 tin (300g) drizzle 1 medium packet 1 sachet 1/2 cup 1 medium sachet 2 tbs 1 6 1 packet

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3994kJ (954Cal)	626kJ (149Cal)
Protein (g)	29.6g	4.6g
Fat, total (g)	50g	7.8g
- saturated (g)	11.7g	1.8g
Carbohydrate (g)	84.9g	13.3g
- sugars (g)	18g	2.8g
Sodium (mg)	2352mg	369mg

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.



# Get prepped

Finely chop the **red onion** (see ingredients) and **tomato**. Roughly chop the **coriander**. Thinly slice the **avocado**. Shred the **cos lettuce** (see ingredients). Drain the **sweetcorn**.

**TIP:** If you don't like raw red onion in a salsa feel free to leave it out!



#### Make the tomato salsa

In a medium bowl, combine the **onion**, **tomato** and a drizzle of **white wine vinegar**. Season with **salt** and **pepper**. Stir to combine.



#### Make the fritter mixture

SPICY! This spice blend is hot, but feel free to add less if you're sensitive to heat. In a medium bowl, combine the drained sweetcorn, shredded Cheddar cheese, Mexican Fiesta spice blend, plain flour, vegetable stock powder, milk and egg. Stir until well combined.

**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!



## Cook the fritters

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base. When the oil is hot, cook heaped tablespoons of the **fritter mixture**, in batches, and flatten with a spatula. Cook until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel. You should get 3 fritters per person.

**TIP:** Be careful, the corn may pop in the pan!



# Heat the tortillas

While the fritters are cooking, microwave the **mini flour tortillas** on a plate for **10 second** bursts, until warmed through.



# Serve up

Halve the fritters. Bring everything to the table. Spread the tortillas with a little **BBQ mayo**, then fill with the shredded cos lettuce, sliced avocado, corn fritters and tomato salsa.

# Enjoy!