



Mexican Corn Fritters & Sweet Potato Fries

with Smokey Slaw & Lime Sour Cream

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Lime



Snacking Tomatoes



Coriander



Sweetcorn



Baby Spinach Leaves



Mexican Fiesta Spice Blend



Slaw Mix



Smokey Aioli



Light Sour Cream



Diced Bacon

Prep in: 30-40 mins
Ready in: 35-45 mins
Calorie Smart
**Custom Recipe is not Calorie Smart*

Add some heat and zing to juicy corn fritters by lacing the mixture with our Mexican Fiesta spice blend, plus fresh lime zest and coriander. Serve with some equally moreish sides and a dollop of cooling, tangy lime sour cream to tie the components together.

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

Pantry items

Olive Oil, Plain Flour, Egg, Milk

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
lime	½	1
snacking tomatoes	1 punnet	2 punnets
coriander	1 bag	1 bag
sweetcorn	1 large tin	2 large tins
baby spinach leaves	1 small bag	1 medium bag
slaw mix	1 small bag	1 large bag
smokey aioli	1 medium packet	1 large packet
Mexican Fiesta spice blend	1 medium sachet	1 large sachet
salt*	¼ tsp	½ tsp
plain flour*	½ cup	1 cup
egg*	1	2
milk*	2 tbs	¼ cup
light sour cream	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)	2689kJ (642Cal)	391kJ (93Cal)
Protein (g)	18.3g	2.7g
Fat, total (g)	29.3g	4.3g
- saturated (g)	7.1g	1g
Carbohydrate (g)	70.7g	10.3g
- sugars (g)	26.5g	3.9g
Sodium (mg)	1480mg	215mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3106kJ (742Cal)	421kJ (101Cal)
Protein (g)	25.9g	3.5g
Fat, total (g)	36.5g	5g
- saturated (g)	9.7g	1.3g
Carbohydrate (g)	71.6g	9.7g
- sugars (g)	27.1g	3.7g
Sodium (mg)	1917mg	260mg

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

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1



Bake the sweet potato fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet 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, zest **lime** to get a generous pinch, then slice into wedges.
- Halve **snacking tomatoes**. Roughly chop **coriander**. Drain **sweetcorn**. Roughly chop **baby spinach leaves**.

3



Toss the slaw

- In a medium bowl, combine **slaw mix**, **tomatoes**, **smokey aioli** and a drizzle of **olive oil**.
- Season to taste.

4



Make the fritter mixture

- **SPICY!** The **spice blend** is hot, use less if you're sensitive to heat. In a second medium bowl, combine **lime zest**, **coriander** (reserve a pinch for garnish!), **sweetcorn**, **spinach** and **Mexican Fiesta spice blend**.
- Add the **salt**, the **plain flour**, the **egg** and the **milk**.
- Mix well to combine.

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

5



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, and flatten 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.

6



Serve up

- In a small bowl, combine **light sour cream** and a good squeeze of lime juice.
- Divide Mexican fritters, sweet potato fries and smokey slaw between plates.
- Garnish with reserved coriander. Serve with lime sour cream and any remaining lime wedges. Enjoy!

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