

Miso Corn Fritters & Sesame Fries

with Mixed Asian Salad & Roasted Peanuts

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Spring Onion



Carrot



Garlic



Cucumber



Sugar Snap Peas



Coriander



Long Red Chilli (Optional)



Sweetcorn



Mayonnaise



Miso Paste



Japanese Dressing



Mixed Salad Leaves



Roasted Peanuts



Hands-on: **25-35 mins**
Ready in: **45-55 mins**



Naturally Gluten-Free
Not suitable for coeliacs



Spicy (optional long red chilli)

From the crisp fritters and fragrant fries, to the peanutty salad and moreish miso mayo, this plate is so full of flavour, you'll be hard-pressed on what to start eating first.

Pantry items

Olive Oil, Honey, Plain Flour (or Gluten-Free 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
potato	2	4
mixed sesame seeds	1 medium packet	1 large packet
spring onion	1 stem	2 stems
carrot	1	2
garlic	2 cloves	4 cloves
cucumber	1	2
sugar snap peas	1 medium bag	1 large bag
coriander	1 bag	1 bag
long red chilli (optional)	½	1
sweetcorn	1 tin (300g)	2 tins (600g)
mayonnaise	1 packet (40g)	2 packets (80g)
miso paste	1 packet	2 packets
honey*	½ tsp	1 tsp
plain flour* (or gluten-free plain flour)	½ cup	1 cup
egg*	1	2
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
Japanese dressing	1 packet	2 packets
mixed salad leaves	1 small bag (30g)	1 medium bag (60g)
roasted peanuts	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3334kJ (797Cal)	439kJ (105Cal)
Protein (g)	27.8g	3.7g
Fat, total (g)	34.2g	4.5g
- saturated (g)	4.6g	0.6g
Carbohydrate (g)	85g	11.2g
- sugars (g)	23g	11.2g
Sodium (mg)	1805mg	238mg

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.

If you have any questions or concerns, please visit hellofresh.com.au/contact

2021 | CW34



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries. Place the **fries** and **mixed sesame seeds** on a lined oven tray. Season with **salt** and drizzle with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.



Cook the fritters

In a large frying pan, heat enough **olive oil** to coat the base over a medium-high heat. Add heaped tablespoons of the **fritter mixture**, in batches, until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with a paper towel.

TIP: Give the fritters time to set before flipping them!

TIP: Add extra oil between batches if needed.



Get prepped

While the fries are baking, thinly slice the **spring onion**. Grate the **carrot**. Finely chop the **garlic**. Thinly slice the **cucumber**. Trim the ends of the **sugar snap peas** and thinly slice lengthways. Roughly chop the **coriander**. Thinly slice the **red chilli** (if using). Drain the **sweetcorn**. In a small bowl, combine the **mayonnaise, honey** and **1/2 the miso paste**. Set aside.



Toss the salad

In a medium bowl, combine the **Japanese dressing, mixed salad leaves, cucumber** and **sugar snap peas**.



Make the fritter mix

Squeeze out excess moisture from the **carrot**. In a medium bowl, combine the **carrot, remaining miso paste, sweetcorn, coriander, spring onion, garlic, plain flour, egg, milk** and the **salt**. Season with **pepper** and stir well to combine.

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 the miso corn fritters, sesame fries and mixed Asian salad between plates. Drizzle with the miso mayo and sprinkle over the red chilli (if using). Serve with the **roasted peanuts** sprinkled over the salad.

Enjoy!

Rate your recipe

Scan here to rate this recipe!

