















# Miso Corn Fritters & Snow Pea Salad


with Sesame Sweet Potato Fries

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Mixed Sesame Seeds
-  Spring Onion
-  Carrot
-  Garlic
-  Apple
-  Snow Peas
-  Coriander
-  Long Red Chilli (Optional)
-  Sweetcorn
-  Miso Paste
-  Japanese Dressing
-  Mixed Salad Leaves
-  Mayonnaise

 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 textural treat of a salad and creamy mayo, this plate is so full of flavour, you'll be hard-pressed on what to start eating first.

**Pantry items**  
 Olive Oil, Egg, Plain Flour (or Gluten-Free Plain Flour), Milk

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

**NOTE:** 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
mixed sesame seeds	1 medium packet	1 large packet
spring onion	1 stem	2 stems
carrot	1	2
garlic	2 cloves	4 cloves
apple	1	2
snow peas	1 small bag	1 medium bag
coriander	1 bag	1 bag
long red chilli (optional)	½	1
sweetcorn	1 tin (300g)	2 tins (600g)
miso paste	1 packet	2 packets
egg*	1	2
plain flour* (or gluten-free plain flour)	½ cup	1 cup
milk*	2 tbs	¼ cup
Japanese dressing	1 packet	2 packets
mixed salad leaves	1 small bag	1 medium bag
mayonnaise	1 packet (40g)	2 packets (80g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3064kJ (732Cal)	431kJ (103Cal)
Protein (g)	22.6g	3.2g
Fat, total (g)	27g	3.8g
- saturated (g)	3.4g	0.5g
Carbohydrate (g)	91.4g	12.9g
- sugars (g)	36.2g	5.1g
Sodium (mg)	1525mg	215mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and sprinkle with 1/2 the **mixed sesame seeds**. Toss to coat, then bake until tender, **20-25 minutes**.

**TIP:** If your oven tray is getting crowded, divide the fries between two trays.



## 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, until golden, **3-4 minutes** each side (don't flip too early!). Transfer to a plate lined with paper towel.

**TIP:** Add extra oil between batches as needed.



## Get prepped

While the fries are baking, thinly slice the **spring onion**. Grate the **carrot**, then squeeze out any excess moisture with a paper towel. Finely chop the **garlic**. Slice the **apple** into thin sticks. Trim the **snow peas**. Roughly chop the **coriander**. Thinly slice the **long red chilli** (if using). Drain the **sweetcorn**.



## Toss the salad

When the fritters are almost done, combine the **Japanese dressing**, **mixed salad leaves**, **apple**, **snow peas** and remaining **sesame seeds** in a medium bowl. Toss to coat.



## Make the fritter mixture

In a medium bowl, add the **miso paste** and **egg**. Mix well to combine. Add the **carrot**, **sweetcorn**, **coriander**, **spring onion**, **garlic**, **red chilli** (if using), **plain flour** and **milk**. Season, then mix 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, snow pea salad and sesame sweet potato fries between plates. Drizzle the **mayonnaise** over the fritters to serve.

Enjoy!

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