

Miso Corn Fritters & Asian-Style Salad

with Sesame Sweet Potato Fries

Grab your Meal Kit with this symbol



Sweet Potato



Mixed Sesame Seeds



Spring Onion



Carrot



Garlic



Apple



Pear



Coriander



Long Chilli (Optional)



Sweetcorn



Miso Paste



Japanese Dressing



Salad Leaves



Mayonnaise

Prep in: **25-35 mins**
Ready in: **45-55 mins**

 **Naturally Gluten-Free**
Not suitable for coeliacs

From the umami-rich 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.

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	½ stem	1 stem
carrot	1	2
garlic	2 cloves	4 cloves
apple	1	2
pear	½	1
coriander	1 bag	1 bag
long 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
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)	3039kJ (726Cal)	428kJ (102Cal)
Protein (g)	22.7g	3.2g
Fat, total (g)	27.1g	3.8g
- saturated (g)	3.4g	0.5g
Carbohydrate (g)	91g	12.8g
- sugars (g)	36.1g	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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Bake the 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 sprinkle with **mixed sesame seeds**.
- Toss **fries** to coat, then bake until tender, **20-25 minutes**.

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

4



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 paper towel-lined plate.

TIP: Add extra oil between batches as needed.

2



Get prepped

- Meanwhile, thinly slice **spring onion** (see ingredients).
- Grate **carrot**, then squeeze out any excess moisture with a paper towel (this will help the fritters crisp up in the pan!).
- Finely chop **garlic**. Slice **apple** into thin sticks. Thinly slice **pear** (see ingredients). Roughly chop **coriander**.
- Thinly slice the **long chilli** (if using). Drain the **sweetcorn**.

5



Toss the salad

- When the fritters are almost done, combine **Japanese dressing**, **salad leaves**, **apple** and **pear** in a medium bowl.
- Toss to coat.

3



Make the fritter mixture

- In a medium bowl, add **miso paste** and the **egg**. Mix well to combine.
- Add **carrot**, **sweetcorn**, **coriander**, **spring onion**, **garlic**, **chilli**, the **plain flour** and the **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!

6



Serve up

- Divide miso corn fritters, Asian-style salad and sesame sweet potato fries between plates.
- Drizzle **mayonnaise** over fritters to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



2022 | CW29

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate