



Nan's Sweetcorn & Fetta Fritters

with Sweet Potato Fries & Apple Salad

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Nan's Special Seasoning



Salad Leaves



Shredded Cheddar Cheese



Dill & Parsley Mayonnaise



Sweetcorn



Apple



Vegetable Stock Powder



Flaked Almonds



Fetta Cubes



Diced Bacon

Prep in: **20-30 mins**
Ready in: **30-40 mins**

Make crispy corn fritters even better by lacing them with Nan's special seasoning, and adding a handful of fetta cubes to the mixture; they add a little creaminess and get lovely and gooey with the sharp Cheddar in the pan. Serve with oven-baked SP fries and a subtly tart and peppery salad for some crunch.

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

Pantry items

Olive Oil, Plain Flour (or Gluten-Free Plain Flour), Egg, Milk, Balsamic Vinegar

Before you start

Remember to wash your hands for 20 seconds

You'll also need to give your 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
sweetcorn	1 tin (300g)	2 tins (600g)
carrot	1	2
apple	½	1
plain flour* (or <i>gluten-free plain flour</i>)	½ cup	1 cup
egg*	1	2
milk*	2 tbs	¼ cup
Nan's special seasoning	1 medium sachet	1 large sachet
vegetable stock powder	1 medium sachet	1 large sachet
shredded Cheddar cheese	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
balsamic vinegar*	drizzle	drizzle
salad leaves	1 small bag	1 medium bag
dill & parsley mayonnaise	1 medium packet	1 large packet
flaked almonds	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)	3353kJ (801Cal)	568kJ (136Cal)
Protein (g)	28.7g	4.9g
Fat, total (g)	39.4g	6.7g
- saturated (g)	12.4g	2.1g
Carbohydrate (g)	79.1g	13.4g
- sugars (g)	26.4g	4.5g
Sodium (mg)	1827mg	310mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3741kJ (894Cal)	589kJ (141Cal)
Protein (g)	35.6g	5.6g
Fat, total (g)	46.2g	7.3g
- saturated (g)	14.9g	2.3g
Carbohydrate (g)	79.9g	12.6g
- sugars (g)	26.9g	4.2g
Sodium (mg)	2257mg	356mg

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, drain **sweetcorn**.
- Grate **carrot**, then squeeze out any excess moisture using a paper towel.
- Thinly slice **apple** (see ingredients) into wedges.

TIP: Removing excess liquid from the carrot will help the fritters crisp up in the pan.

3



Make the fritter mixture

- In a large bowl, combine **corn**, **carrot**, the **plain flour**, the **egg**, the **milk**, **Nan's special seasoning**, **vegetable stock powder** and **shredded Cheddar cheese**.
- Season with a pinch of **pepper**.
- Crumble in **fetta cubes**.
- Mix well to combine.

Custom Recipe: If you've added diced bacon, in a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook bacon, breaking up with a spoon until golden, 4-5 minutes. Add the diced bacon to the bowl with the fritter mix.

4



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 the **fritter mixture**, in batches, flattening 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 oil between batches as needed.

5



Toss the salad

- While the fritters are cooking, combine a drizzle of **balsamic vinegar** and **olive oil** in a medium bowl.
- Season, then add **apple** and **salad leaves**. Toss to coat.

6



Serve up

- Divide Nan's sweetcorn and fetta fritters, sweet potato fries and apple salad between plates.
- Drizzle **dill & parsley mayonnaise** over the fritters.
- Sprinkle with **flaked almonds** to serve. Enjoy!

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