



Nan's Sweetcorn & Fetta Fritters

with Potato Fries & Apple Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Sweetcorn



Carrot



Apple



Nan's Special Seasoning



Shredded Cheddar Cheese



Fetta Cubes



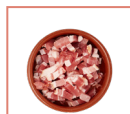
Salad Leaves



Dill & Parsley Mayonnaise



Flaked Almonds



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 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

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

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
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
shredded Cheddar cheese	1 medium packet	1 large packet
fetta cubes	1 large packet	2 large packets
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)	3118kJ (745Cal)	536kJ (128Cal)
Protein (g)	28.1g	4.8g
Fat, total (g)	37.3g	6.4g
- saturated (g)	10.6g	1.8g
Carbohydrate (g)	71.1g	12.2g
- sugars (g)	18g	3.1g
Sodium (mg)	1357mg	233mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3529kJ (843Cal)	563kJ (135Cal)
Protein (g)	35.2g	5.6g
Fat, total (g)	43.5g	6.9g
- saturated (g)	13g	2.1g
Carbohydrate (g)	71.9g	11.5g
- sugars (g)	18.5g	2.9g
Sodium (mg)	1804mg	288mg

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



1



Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **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** and **shredded Cheddar cheese**.
- Season with **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 bacon up with a spoon, until golden, 4-5 minutes. Add the cooked 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

- Meanwhile, 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, fries and apple salad between plates.
- Drizzle **dill & parsley mayonnaise** over the fritters.
- Sprinkle with **flaked almonds** to serve. Enjoy!

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