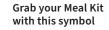
# Asian Carrot & Corn Fritters

with Sesame Kumara Salad & Soy Aioli











Seeds



Spring Onion











Coriander





Spice Blend

Sweetcorn



Japanese Dressing



Mixed Salad Leaves

Keep an eye out... Due to recent sourcing challenges, we've replaced radish with pear, which may be a little different to what's pictured. Don't worry, your recipe will be just as delicious!

## **Pantry items**

Olive Oil, Soy Sauce, 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

ingredients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
kumara	2 (medium)	2 (large)	
mixed sesame seeds	1 sachet	1 sachet	
spring onion	2 stems	4 stems	
carrot	1	2	
garlic	1 clove	2 cloves	
pear	1/2	1	
coriander	1 bag	1 bag	
sweetcorn	½ tin	1 tin	
garlic aioli	1 packet (50g)	1 packet (100g)	
soy sauce*	1 tsp	2 tsp	
Thai seven spice blend	1 sachet	1 sachet	
plain flour*	½ cup	1 cup	
egg*	1	2	
milk*	2 tbs	⅓ cup	
salt*	1/4 tsp	½ tsp	
Japanese dressing	1 packet (30g)	2 packets (60g)	
mixed salad leaves	1 bag (30g)	1 bag (60g)	

<sup>\*</sup>Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2598kJ (621Cal)	454kJ (109Cal)
Protein (g)	17.5g	3.1g
Fat, total (g)	23.4g	4.1g
- saturated (g)	2.9g	0.5g
Carbohydrate (g)	76.2g	13.3g
- sugars (g)	33.5g	5.8g
Sodium (mg)	1167mg	204mg

The quantities provided above are averages only.

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit **hellofresh.co.nz/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



#### Roast the kumara

Preheat the oven to 220°C/200°C fan-forced. Peel the kumara and cut into bite-sized chunks. Place the kumara and mixed sesame seeds on a lined oven tray. Drizzle generously with olive oil, season with salt and pepper and toss to coat. Add a dash of water to the tray and roast until tender, 20-25 minutes.



# Get prepped

While the kumara is roasting, thinly slice the **spring onion**. Grate the **carrot**. Finely chop the **garlic**. Thinly slice the **pear** (see ingredients). Roughly chop the **coriander**. Drain the **sweetcorn** (see ingredients). In a small bowl, combine the **garlic aioli** and **soy sauce**. Set aside.



#### Make the fritter mixture

Squeeze out excess moisture from the **carrot** using a paper towel or clean cloth, then add to a medium bowl. Add the **sweetcorn**, **Thai seven spice blend**, **coriander**, **spring onion**, **garlic**, **plain flour**, **egg**, **milk** and the **salt**. Season with **pepper** and stir well to combine.

**TIP:** Take out a spoonful of the mixture and see if it holds its shape. If it's too wet, add a little more flour!



## Cook the fritters

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

**TIP:** Give the fritters time to set before flipping them, adding extra oil as needed.



## Toss the salad

In a large bowl, combine the **Japanese dressing**, **mixed salad leaves**, **pear** and roasted **kumara**.



## Serve up

Divide the Asian carrot and corn fritters between plates. Serve with the sesame kumara salad and soy aioli.

Enjoy!