

Miso Corn Fritters & Sesame Fries

with Mixed Asian Salad & Roasted Peanuts

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Spring Onion



Carrot



Garlic



Cucumber



Snow Peas



Herbs



Sweetcorn



Mayonnaise



Miso Paste



Salad Leaves



Long Red Chilli (Optional)






Sweet Chilli Sauce



Roasted Peanuts

Keep an eye out...

Due to sourcing challenges over the Christmas period, some of the fresh ingredients you receive may be different to what's pictured. Don't worry, your recipe will be just as delicious!

-  Hands-on: **25-35 mins**
-  Ready in: **45-55 mins**
-  Spicy (optional long red chilli)

This plate of veggie-loaded miso fritters is so packed with bountiful flavour, you'll be hard-pressed on what to start eating first. Enjoy the crunch that comes from the Asian-style salad and the moreish miso dressing slathered over the fritters and sesame fries.

Pantry items

Olive Oil, Honey, Plain Flour, Eggs, 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
potato	2	4
mixed sesame seeds	1 sachet	1 sachet
spring onion	2 stems	4 stems
carrot	1	2
garlic	2 cloves	4 cloves
cucumber	1 (medium)	1 (large)
snow peas	1 bag (100g)	1 bag (200g)
herbs	1 bunch	1 bunch
sweetcorn	1 tin	2 tins
mayonnaise	40g	100g
miso paste	40g	80g
honey*	½ tsp	1 tsp
plain flour*	½ cup	1 cup
egg*	1	2
milk*	2 tbs	¼ cup
salt*	¼ tsp	½ tsp
salad leaves	1 bag (30g)	1 bag (60g)
long red chilli (optional)	½	1
sweet chilli sauce	25g	50g
roasted peanuts	1 packet	2 packets

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3015kJ (720Cal)	400kJ (95Cal)
Protein (g)	27.6g	3.7g
Fat, total (g)	27.3g	3.6g
- saturated (g)	3.3g	0.4g
Carbohydrate (g)	69.9g	9.3g
- sugars (g)	23.1g	3.1g
Sodium (mg)	1516mg	201mg

Allergens

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

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/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 **potato** (unpeeled) into 1cm fries. Place the fries and **mixed sesame seeds** on an oven tray lined with baking paper. Season with **salt** and drizzle with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

TIP: Cut to potato to size so it cooks in time.



Get prepped

While the fries are baking, thinly slice the **spring onion**. Grate the **carrot** (unpeeled). Finely chop the **garlic**. Thinly slice the **cucumber** into rounds. Trim the ends of the **snow peas** and thinly slice lengthways. Roughly chop the **herbs**. Drain the **sweetcorn**. In a small bowl, combine the **mayonnaise**, **honey** and 1/2 the **miso paste**. Set aside.



Make the fritter mixture

Squeeze out excess moisture from the **carrot**, then add to a medium bowl. Add the **sweetcorn**, **spring onion**, **garlic**, **herbs**, **plain flour**, **egg**, **milk**, the **salt** and remaining **miso paste**. Season with **pepper** and stir well to combine.



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, add 1/4 cup of the **fritter mixture** and flatten into a patty using a spatula. Cook, in batches, without crowding the pan, until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with a paper towel.

TIP: Give the fritters time to set before flipping them!

TIP: Add extra oil between batches if needed.



Toss the salad

In a medium bowl, combine the **salad leaves**, **cucumber** and **snow peas**.



Serve up

Thinly slice the **long red chilli** (if using). Divide the miso corn fritters, sesame fries and mixed Asian salad between plates. Drizzle the **sweet chilli sauce** over the salad. Garnish with the **roasted peanuts** and chilli. Serve with the miso mayo.

Enjoy!