



Loaded Mexican Corn Fritter Bowl

with Garlic Rice, Guac & Sour Cream

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Spring Onion



Coriander



Tomato



Cucumber



Sweetcorn



Avocado



Shredded Cheddar Cheese



Mexican Fiesta Spice Blend



Sour Cream

- Hands-on: **25-35 mins**
- Ready in: **35-45 mins**
- Spicy (Mexican Fiesta spice blend)

These gloriously bright fritters are both crunchy and sweet, and are set off perfectly by an A-team of tangy sour cream, guacamole and salsa. If you fancy it, you could also break out your favourite hot sauce for these bad boys!

Pantry items

Olive Oil, Butter, Vinegar (White Wine or Red Wine), 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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
water*	1½ cups	3 cups
salt*	¼ tsp	½ tsp
spring onion	2 stems	4 stems
coriander	1 bunch	1 bunch
tomato	1	2
cucumber	1 (medium)	1 (large)
sweetcorn	1 tin	2 tins
vinegar*		
(white wine or red wine)	½ tsp	1 tsp
avocado	1	2
shredded Cheddar cheese (50g)	1 packet	1 packet (100g)
Mexican Fiesta spice blend	¾ sachet	3 sachets
plain flour*	½ cup	1 cup
egg*	1	2
milk*	2½ tbs	½ cup
sour cream	1 medium packet	1 large packet

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	4460kJ (1065Cal)	667kJ (159Cal)
Protein (g)	30.5g	4.6g
Fat, total (g)	57.9g	8.7g
- saturated (g)	22.5g	3.4g
Carbohydrate (g)	86.7g	13g
- sugars (g)	15.5g	2.3g
Sodium (mg)	1530mg	229mg

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.



Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add the **garlic** (reserve a pinch for the guacamole) and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



Make the fritter mixture

SPICY! The spice blend is hot, use less if you are sensitive to heat. In a large bowl, combine the **sweetcorn**, **shredded Cheddar cheese**, remaining **spring onion**, remaining **coriander**, the **Mexican Fiesta spice blend** (see ingredients), **plain flour**, **egg** and **milk**.

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!



Get prepped

While the rice is cooking, thinly slice the **spring onion**. Roughly chop the **coriander**. Finely chop the **tomato** and **cucumber**. Drain the **sweetcorn**. In a medium bowl, combine the **tomato**, **cucumber**, **white wine vinegar**, 1/2 the **spring onion**, 1/2 the **coriander** and a drizzle of **olive oil**. Season with **salt** and **pepper**. Just before serving, stir 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. Add a heaped tablespoon of the **fritter mixture** and flatten into a patty using a spatula. Repeat with the remaining **mixture**, without crowding the pan, and adding extra **olive oil** as needed. Cook, in batches, until golden and cooked through, **4-5 minutes** each side. Transfer to a plate lined with paper towel. You should get 4-5 fritters per person.



Make the guacamole

Scoop out the flesh of the **avocado**, then add to a second medium bowl and roughly mash with a fork. Add the reserved pinch of **garlic** and season with **salt** and **pepper**. Mix well, then set aside.



Serve up

Divide the garlic rice between bowls and top with the corn fritters, guacamole, tomato salsa and **sour cream**.

Enjoy!