



Loaded Mexican Corn Fritter Bowl

with Garlic Rice, Tomato Salsa & Smokey Aioli

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Vegetable Stock Powder



Spring Onion



Tomato



Radish



Sweetcorn



Shredded Cheddar Cheese



Mexican Fiesta Spice Blend



Coriander



Smokey Aioli



Diced Bacon

Prep in: 25-35 mins
Ready in: 35-45 mins

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

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

Pantry items

Olive Oil, Butter, Plain Flour, Egg, Milk, White Wine 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

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
water*	1½ cups	3 cups
spring onion	2 stems	4 stems
tomato	1	2
radish	2	4
sweetcorn	1 tin	2 tins
shredded Cheddar cheese	1 packet (40g)	1 packet (80g)
Mexican Fiesta spice blend	1 sachet	1 sachet
plain flour*	½ cup	1 cup
egg*	1	2
milk*	2 tbs	¼ cup
white wine vinegar*	drizzle	drizzle
coriander	1 bag	1 bag
smokey aioli	1 medium packet	1 large packet
diced bacon**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3643kJ (871Cal)	757kJ (181Cal)
Protein (g)	23.5g	4.9g
Fat, total (g)	38.4g	8g
- saturated (g)	13.3g	2.8g
Carbohydrate (g)	103g	21.4g
- sugars (g)	12.7g	2.6g
Sodium (mg)	1792mg	373mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4228kJ (1011Cal)	796kJ (190Cal)
Protein (g)	31.4g	5.9g
Fat, total (g)	50.5g	9.5g
- saturated (g)	17.8g	3.4g
Carbohydrate (g)	103.1g	19.4g
- sugars (g)	12.8g	2.4g
Sodium (mg)	2191mg	413mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW19



1



Cook the garlic rice

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

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

4



Cook the fritters

- Heat a large frying pan over medium-high heat with enough **olive oil** to coat the base of the pan.
- When oil is hot, add heaped tablespoons of **fritter mixture** in batches and flatten with a spatula (3-4 per person).
- Cook until golden, **3-4 minutes** each side (don't flip too early!). Transfer to a paper towel-lined plate.

TIP: Add extra olive oil between batches as needed.

2



Get prepped

- While the rice is cooking, thinly slice **spring onion**. Finely chop **tomato** and **radish**. Drain the **sweetcorn**.

Custom Recipe: If you've added diced bacon to your meal, heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook bacon, breaking up with a spoon, until browned, 3-4 minutes. Remove from heat.

5



Make the salsa

- While the fritters are cooking, combine **tomato** and **radish** in a medium bowl.
- Drizzle with **white wine vinegar** and **olive oil**. Season with **salt** and **pepper**.

3



Make the fritter mixture

- **SPICY!** The spice blend is hot, use less if you are sensitive to heat. In a large bowl, combine **sweetcorn**, **shredded Cheddar cheese**, **Mexican Fiesta spice blend**, the **plain flour**, **egg**, **milk**, **spring onion** and a pinch of **salt**.

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!

Custom Recipe: Add the cooked bacon to the fritter mixture.

6



Serve up

- Divide garlic rice between bowls. Top with Mexican corn fritters and tomato salsa.
- Tear over **coriander** and serve with **smokey aioli**. Enjoy!

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