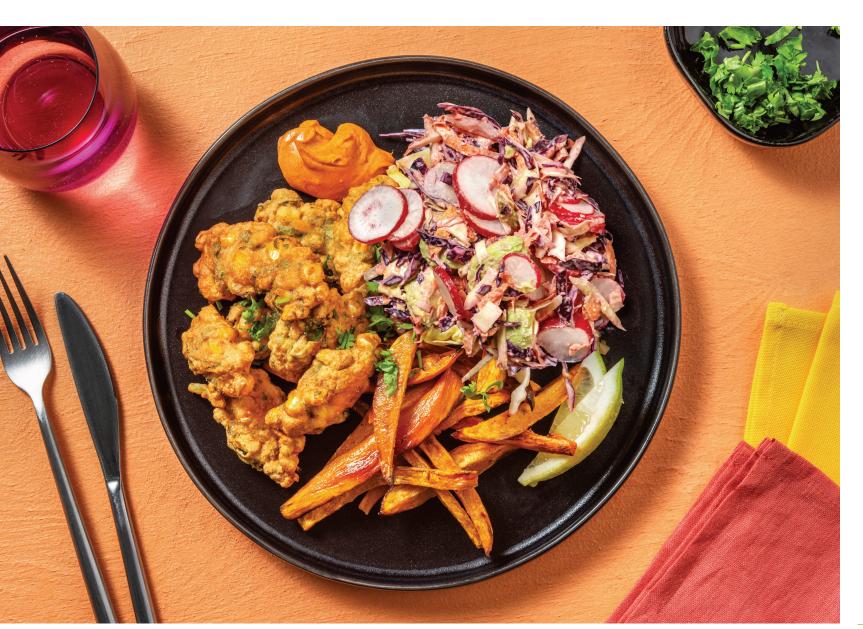


Tex-Mex Corn Fritters & Creamy Avocado Slaw with Kumara Fries

Grab your Meal Kit with this symbol

















Sweetcorn

Baby Spinach Leaves



Tex-Mex



Spice Blend

Mayonnaise



Smokey Aioli



Slaw Mix

Pantry items Olive Oil, 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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
kumara	1	2	
lemon	1/2	1	
radish	2	3	
coriander	1 bag	1 bag	
baby spinach leaves	1 small bag	1 medium bag	
sweetcorn	1 tin	2 tins	
Tex-Mex spice blend	1 sachet	1 sachet	
salt*	1/4 tsp	½ tsp	
plain flour*	½ cup	1 cup	
egg*	1	2	
milk*	2 tbs	4 tbs	
avocado	1	2	
mayonnaise	1 medium packet	1 large packet	
slaw mix	1 bag (150g)	1 bag (300g)	
smokey aioli	1 medium packet	1 large packet	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3780kJ (903Cal)	520kJ (124Cal)
Protein (g)	18.7g	2.6g
Fat, total (g)	57.6g	7.9g
- saturated (g)	9.6g	1.3g
Carbohydrate (g)	78.2g	10.8g
- sugars (g)	28g	3.9g
Sodium (mg)	1629mg	224mg

The quantities provided above are averages only.

Allergens

2022 | CW52

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.



Bake the kumara fries

- Preheat oven to 240°C/220°C fan-forced.
- Peel and cut kumara into fries, then place on a lined oven tray. Drizzle generously with olive oil, season with salt and toss to coat.
- Spread out evenly, then bake until tender,
 20-25 minutes.



Get prepped

 Meanwhile, zest lemon to get a pinch, then cut into wedges. Thinly slice radish. Roughly chop coriander and baby spinach leaves. Drain the sweetcorn.



Make the fritter mixture

- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat.
- In a medium bowl, combine lemon zest, coriander (reserve a pinch for garnish!), sweetcorn, baby spinach, Tex-Mex spice blend, the salt, plain flour, egg and the 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!



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, cook heaped tablespoons of fritter mixture in batches, then flatten with a spatula (3-4 per person).
- Cook fritters until golden and cooked through,
 3-4 minutes each side. Transfer to a paper towel-lined plate.

TIP: Let the fritters set before flipping them, adding extra olive oil as needed.



Make the avocado slaw

- While the fritters are cooking, slice **avocado** in half, scoop out flesh and roughly chop.
- In a large bowl, combine mayonnaise and a good squeeze of lemon juice.
- Add **slaw mix**, **radish** and **avocado**, then season with **salt** and **pepper** and gently toss to coat.



Serve up

- Divide kumara fries, Tex-Mex corn fritters and creamy avocado slaw between plates.
- Garnish with reserved coriander. Serve with smokey aioli and any remaining lemon wedges. Enjoy!



