



# Tex-Mex Corn Fritters & Avocado Slaw with Potato Fries

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Radish



Coriander



Baby Spinach Leaves



Sweetcorn



Tex-Mex Spice Blend



Avocado



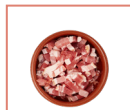
Mayonnaise



Smokey Aioli



Slaw Mix



Diced Bacon

Prep in: 30-40 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 mayo slaw, fries and smokey aioli. 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, 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

|                     | 2 People        | 4 People        |
|---------------------|-----------------|-----------------|
| <b>olive oil*</b>   | refer to method | refer to method |
| potato              | 2               | 4               |
| 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        |
| <b>salt*</b>        | ¼ tsp           | ½ tsp           |
| <b>plain flour*</b> | ½ cup           | 1 cup           |
| <b>egg*</b>         | 1               | 2               |
| <b>milk*</b>        | 2 tbs           | ¼ cup           |
| 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  |
| diced bacon**       | 1 packet        | 1 packet        |

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

| Avg Qty          | Per Serving     | Per 100g       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3617kJ (864Cal) | 501kJ (119Cal) |
| Protein (g)      | 20.3g           | 2.8g           |
| Fat, total (g)   | 54.8g           | 7.6g           |
| - saturated (g)  | 9.3g            | 1.3g           |
| Carbohydrate (g) | 73.8g           | 10.2g          |
| - sugars (g)     | 24.8g           | 3.4g           |
| Sodium (mg)      | 1534mg          | 213mg          |

### Custom Recipe

| Avg Qty          | Per Serving      | Per 100g       |
|------------------|------------------|----------------|
| Energy (kJ)      | 4202kJ (1004Cal) | 545kJ (130Cal) |
| Protein (g)      | 28.3g            | 3.7g           |
| Fat, total (g)   | 67g              | 8.7g           |
| - saturated (g)  | 13.8g            | 1.8g           |
| Carbohydrate (g) | 73.9g            | 9.6g           |
| - sugars (g)     | 24.8g            | 3.2g           |
| Sodium (mg)      | 1933mg           | 251mg          |

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](https://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 | CW07



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## Bake the fries

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries, then place on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

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## 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, 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.

2



## Get prepped

- Meanwhile, thinly slice **radish**. Roughly chop **coriander** and **baby spinach leaves**. Drain the **sweetcorn**.

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## 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 splash of **water**.
- Add **slaw mix**, **radish** and **avocado**, then season with **salt** and **pepper** and toss to coat.

3



## Make the fritter mixture

- **SPICY!** The spice blend is mild, but use less if you're sensitive to heat.
- In a medium bowl, combine **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!

**Custom Recipe:** In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook diced bacon, breaking up with a spoon, until golden, 6-7 minutes. Add bacon to the fritter mixture along with other ingredients, as above.

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## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)