

WCOOK

Jalapeño, Cheddar & Corn Fritters

with potato wedges & mayo

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Veggie: Serves 1 & 2

Chef: Samantha du Toit

Wine Pairing: Neil Ellis Wines | Neil Ellis West Coast Sauvignon Blanc

Nutritional Info

	Per 100g	Per Portion
Energy	463kJ	3551kJ
Energy	111kcal	849kcal
Protein	3.3g	25.5g
Carbs	14g	111g
of which sugars	3.5g	27.1g
Fibre	1.8g	14.1g
Fat	4.6g	35.1g
of which saturated	1.6g	12.3g
Sodium	110mg	844mg

Allergens: Sulphites, Egg, Gluten, Wheat, Cow's Milk, Soya, Allium

Spice Level: Moderate

Eat Within 3 Days



Ingredients & Prep Actions:

Serves 1	[Serves 2]	
200g	400g	Potato <i>rinse & cut into wedges</i>
100g	200g	Corn
42,5ml	85ml	Fritter Flour Mix <i>(40ml [80ml] Cake Flour & 2,5ml [5ml] Baking Powder)</i>
20g	40g	Cheddar Cheese
1	2	Garlic Clove/s <i>peel & grate</i>
30g	60g	Sliced Pickled Jalapeños <i>drain & roughly chop</i>
1	1	Spring Onion <i>rinse, trim & finely chop, keeping the white & green parts separate</i>
50ml	100ml	Hellmann's Mayo
10ml	20ml	Honey
20g	40g	Salad Leaves <i>rinse & roughly shred</i>
1	1	Bell Pepper <i>rinse, deseed & cut ½ [1] into strips</i>
30g	60g	Danish-style Feta <i>drain & crumble</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Seasoning (Salt & Pepper)
Water
Egg/s
Milk
Paper Towel
Tea Towel

1. GOLDEN POTATO WEDGES Preheat the oven to 220°C. Place the potato on a roasting tray. Coat in oil and season. Roast in the hot oven until cooked through and crispy, 30-35 minutes (shifting halfway). Alternatively, air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

2. FAB FRITTERS In a small bowl, whisk 1 egg. Using a clean tea towel, squeeze all of the water out of the corn. In a bowl, combine the fritter flour mix, the cheese, the garlic, and seasoning. Mix in 20ml [40ml] of milk and ½ of the whisked egg. Add the jalapeños (to taste), the corn, and the spring onion whites. Mix to combine. Place a pan over high heat with enough oil to cover the base. Carefully drop tablespoon-sized balls of batter into the hot oil and cook until crisp and golden, 4-5 minutes. Remove from the pan and drain on paper towel.

3. DIP & SALAD In a small bowl, combine the mayo with the honey. In a salad bowl, toss together the green leaves, the pepper, the feta, a drizzle of olive oil, and seasoning.

4. YUM IN MY TUM Plate up the potato wedges and the fritters. Side with the bell pepper and feta salad. Serve the honey mayo on the side for dunking and garnish with the spring onion greens.