



UCOOK

Jalapeño, Cheddar & Corn Fritters

with potato wedges & roasted garlic mayo

Every day should be a fritter day, Chef! So, let's be corny together and get our hands stuck into making golden potato wedges with a side of fabulous fritters, featuring white cheddar cheese, garlic, corn, spring onion & pickled jalapeños for a slight kick. Sided with a honey-garlic mayo dip and a creamy feta & bell pepper salad.

Hands-on Time: 25 minutes

Overall Time: 30 minutes

Serves: 1 Person

Chef: Samantha du Toit

Veggie

Painted Wolf Wines | The Den Chenin Blanc 2023

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Ingredients & Prep

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

From Your Kitchen

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

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

2. FAB FRITTERS In a small bowl, whisk 1 egg. Using a clean dish towel, squeeze all of the water out of the corn. In a bowl, combine the fritter flour mix, the cheese, the grated garlic, and seasoning. Mix in 20ml of milk and ¼ of the whisked egg. Add the chopped jalapeños (to taste), the drained corn, and the spring onion whites. Mix to combine. Return the pan to 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 rinsed green leaves, the pepper strips, the crumbled 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 & feta salad. Serve the honey garlic mayo on the side for dunking and garnish with the spring onion greens.



Chef's Tip

Air fryer method: Coat the potato wedges in oil and season. Air fry at 200°C until crispy, 20-25 minutes (shifting halfway).

Nutritional Information

Per 100g

Energy	547kJ
Energy	131kcal
Protein	3.3g
Carbs	14g
of which sugars	3.6g
Fibre	1.8g
Fat	7.1g
of which saturated	2g
Sodium	106mg

Allergens

Egg, Gluten, Allium, Wheat, Sulphites, Cow's Milk

Eat
Within
3 Days