



# 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.

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**Hands-on Time:** 30 minutes

**Overall Time:** 35 minutes

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**Serves:** 2 People

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**Chef:** Samantha du Toit

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Veggie

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Painted Wolf Wines | The Den Chenin Blanc 2023

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## Ingredients & Prep

|         |                                                                                                    |
|---------|----------------------------------------------------------------------------------------------------|
| 400g    | Potato<br><i>rinse &amp; cut into wedges</i>                                                       |
| 200g    | Corn                                                                                               |
| 85ml    | Fritter Flour Mix<br><i>(80ml Cake Flour &amp; 5ml Baking Powder)</i>                              |
| 40g     | Cheddar Cheese                                                                                     |
| 2       | Garlic Cloves<br><i>peel &amp; grate</i>                                                           |
| 60g     | Sliced Pickled Jalapeños<br><i>drain &amp; roughly chop</i>                                        |
| 1       | Spring Onion<br><i>rinse, trim &amp; finely chop, keeping the white &amp; green parts separate</i> |
| 2 units | Roasted Garlic Mayo                                                                                |
| 20ml    | Honey                                                                                              |
| 40g     | Salad Leaves<br><i>rinse &amp; roughly shred</i>                                                   |
| 1       | Bell Pepper<br><i>rinse, deseed &amp; cut into strips</i>                                          |
| 60g     | Danish-style Feta<br><i>drain &amp; 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 40ml of milk and ½ 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