



# WCOOK

## Jalapeño, Cheddar & Corn Fritters

with potato wedges & mayo

**Hands-on Time:** 40 minutes

**Overall Time:** 45 minutes

**Veggie:** Serves 3 & 4

**Chef:** Samantha du Toit

**Wine Pairing:** Strandveld | First Sighting Sauvignon Blanc

### Nutritional Info

	Per 100g	Per Portion
Energy	548kJ	4201kJ
Energy	131kcal	1005kcal
Protein	3.2g	24.9g
Carbs	14g	106g
of which sugars	3.6g	27.8g
Fibre	1.8g	14g
Fat	7.2g	55g
of which saturated	2g	15.2g
Sodium	64mg	493mg

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

**Spice Level:** Hot

Eat Within 3 Days

## Ingredients & Prep Actions:

Serves 3	[Serves 4]	
600g	800g	Potato <i>rinse &amp; cut into wedges</i>
300g	400g	Corn
127,5ml	170ml	Fritter Flour Mix <i>(120ml [160ml] Cake Flour &amp; 7,5ml [10ml] Baking Powder)</i>
60g	80g	Cheddar Cheese
3	4	Garlic Cloves <i>peel &amp; grate</i>
90g	120g	Sliced Pickled Jalapeños <i>drain &amp; roughly chop</i>
2	2	Spring Onions <i>rinse, trim &amp; finely chop, keeping the white &amp; green parts separate</i>
150ml	200ml	Hellmann's Mayo
30ml	40ml	Honey
60g	80g	Salad Leaves <i>rinse &amp; roughly shred</i>
2	2	Bell Peppers <i>rinse, deseed &amp; cut 1½ [2] into strips</i>
90g	120g	Danish-style Feta <i>drain &amp; crumble</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Water  
Egg/s  
Milk  
Paper Towel  
Seasoning (salt & pepper)

**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, 35-40 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 dish 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 60ml [80ml] of milk and ¾ of the whisked egg. Add the jalapeños (to taste), the 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 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 & feta salad. Serve the honey garlic mayo on the side for dunking and garnish with the spring onion greens.