

UCOOK

Summer Corn & Biltong Fritters

with a tomato & olive salad

Hands-on Time: 35 minutes

Overall Time: 50 minutes

Fan Faves: Serves 1 & 2

Chef: Kate Gomba

Wine Pairing: Stettyn Wines | Stettyn Shackleton Range Pinot Noir

Nutritional Info	Per 100g	Per Portion
Energy	517.2kJ	3261.7kJ
Energy	123.8kcal	780.5kcal
Protein	6.8g	42.9g
Carbs	12.5g	78.7g
of which sugars	3.5g	22.1g
Fibre	1.6g	10.3g
Fat	4.5g	28.1g
of which saturated	2.1g	13g
Sodium	268.5mg	1692.9mg

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

Spice Level: Hot

Eat Within 4 Days



Ingredients & Prep Actions:

Serves 1	Serves 2	
50g	100g	Beef Biltong
50ml	100ml	Full Cream UHT Milk
3g	5g	Fresh Mint <i>rinse, pick & roughly chop</i>
40g	80g	Pitted Kalamata Olives
1	1	Onion
15ml	30ml	Red Wine Vinegar
1	2	Tomato/es
1	1	Spring Onion
10g	20g	Piquanté Peppers
50ml	100ml	Crème Fraîche
100g	200g	Corn
75ml	150ml	Flour & Spice Mix <i>(60ml [120ml] Self-raising Flour, 10ml [20ml] NOMU Spanish Rub, 2.5ml [5ml] Dried Chilli Flakes & 2.5ml [5ml] Garlic Powder)</i>

From Your Kitchen

Oil (cooking, olive OR coconut)

Seasoning (Salt & Pepper)

Water

Egg/s

Paper Towel

- 1. SOME PREP** Peel and finely dice $\frac{1}{4}$ $[\frac{1}{2}]$ of the onion. Rinse, trim and finely slice, keeping the white and green parts separate. Rinse the tomato/es and cut into bite-sized pieces. Roughly chop the biltong, piquanté peppers and olives separately. And finally, rinse, pick and roughly chop the mint.
- 2. BROWN ONION** Place a pan over medium heat with a drizzle of oil. When hot, fry the onion until soft and golden, 4-5 minutes. Remove from the pan and set aside to cool.
- 3. BILTONG BATTER** In a bowl, whisk $\frac{1}{2}$ $[\frac{1}{1}]$ egg and the milk. Add the biltong, corn, spring onion whites, flour & spice mix, and seasoning. Mix until combined (the batter should be thick but spoonable). Loosen with a splash of water if it's too thick.
- 4. FRY THE FRITTERS** Return the pan to medium-high heat with enough oil to cover the base. Gently add tablespoons of biltong batter into the pan, flatten slightly, and fry the fritters until golden and crispy, 2-3 minutes per side (flipping them gently). Remove from the pan and drain on paper towel.
- 5. JUST BEFORE SERVING** In a small bowl, combine the crème fraîche, onion, and peppers. In a salad bowl, combine the vinegar and a generous drizzle of olive oil. Mix to emulsify, add the tomatoes, olives, mint, and seasoning.
- 6. TIME TO EAT** Plate up the delicious fritters, side with a dollop of flavourful crème fraîche, and serve the chunky tomato salad on the side. Garnish with the spring onion greens and enjoy, Chef!

Chef's Tip Don't overcrowd the pan, cook in batches and keep the oil hot enough for a sizzle (medium-high). This ensures golden edges instead of soggy fritters.