



# Cajun Sweet Potato, Corn and Cheese Fritters with Wedges, Avocado Salad and Soured Cream

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**Classic** 40-45 Minutes • Medium Spice • 4 of your 5 a day • Veggie



Garlic Clove



Lime



Potatoes



Avocado



Medium Tomato



Sweet Potato



Greek Style  
Salad Cheese



Sweetcorn



Cajun Spice  
Mix



Premium Baby  
Leaf Mix



Soured Cream

**Pantry Items**

Oil, Salt, Pepper, Plain Flour, Salt, Egg

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Garlic press, fine grater, baking tray, bowl, grater, frying pan, sieve and kitchen paper.

## Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	1	2	2
Lime**	1	1	1
Potatoes	450g	700g	900g
Avocado	1	2	2
Medium Tomato	1	2	2
Sweet Potato	1	2	2
Greek Style Salad Cheese** 7)	50g	100g	100g
Sweetcorn	150g	340g	340g
Cajun Spice Mix	1 sachet	1 sachet	2 sachets
Premium Baby Leaf Mix**	50g	75g	100g
Soured Cream** 7)	75g	150g	150g

Pantry	2P	3P	4P
Egg*	1	2	2
Plain Flour*	40g	80g	80g
Salt*	¼ tsp	½ tsp	½ tsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3226 / 771	438 / 105
Fat (g)	31.8	4.3
Sat. Fat (g)	12.2	1.7
Carbohydrate (g)	104.2	14.1
Sugars (g)	19.6	2.7
Protein (g)	22.5	3.1
Salt (g)	2.34	0.32

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

### 7) Milk

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Peel and grate the **garlic** (or use a garlic press).  
Zest and cut the **lime** into wedges.

Chop the **potatoes** into 2cm wide wedges (no need to peel), then pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the top shelf until golden, 25-35 mins. Turn halfway through.



## Make your Fritter Mixture

Once the **sweet potato** has softened, add the **garlic** and **Cajun spice mix** to the pan. Fry for 1 min more.

Transfer the **sweet potato** to the bowl of **corn** and **cheese** - keep the pan, you'll use it again.

Crack the **egg** (see pantry for amount) into another medium bowl and whisk. Once combined, add it to the **sweet potato** bowl with the **lime zest**, **flour** and **salt** (see pantry for both amounts). Season with **pepper**, then mix together well. **TIP:** Lift out some of the mixture with a spoon - if it's too wet and doesn't hold its shape, add a little more flour.



## Bring on the Salad

Meanwhile, halve the **avocado** and remove the stone. Use a tablespoon to scoop the flesh out onto a board and cut into 1cm chunks. Pop them into a medium bowl.

Cut the **tomato** into 1cm chunks and add to the **avocado** bowl. Squeeze in some **lime juice** and season with **salt** and **pepper**, then set aside.



## Time to Fry

Wipe out the (now empty) pan and return it to medium-high heat with enough **oil** to coat the bottom.

Once the **oil** is hot, place heaped tablespoons of the **fritter mixture** (in batches) into the pan. Flatten slightly with the back of your spoon, then fry until golden and cooked through, 3-4 mins each side. **TIP:** Don't flip them too early, they need time to set.

Once cooked, transfer to a plate lined with kitchen paper.

Keep cooking in batches until all the **mixture** is used up - you should get **3-4 fritters** per person. **TIP:** Add extra oil in between batches if needed.



## Soften the Sweet Potato

Peel and coarsely grate the **sweet potato**.

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **sweet potato** and season with **salt** and **pepper**. Fry, stirring occasionally, until slightly softened, 2-3 mins.

In the meantime, crumble the **Greek style salad cheese** and pop into a large bowl. Drain the **sweetcorn** in a sieve and add it to the same bowl.



## Finish and Serve

When everything's ready, add the **baby leaves** to the bowl of **avocado** and **tomato**. Toss together.

Transfer the **fritters** to your plates and serve the **wedges** and **salad** alongside.

Finish with a dollop of **soured cream** and serve with any remaining **lime wedges** on the side for squeezing over.

## Enjoy!