



### Product Spotlight: Foley's Kimchi

Kimchi is a Korean health staple. Foley's recipe contains vitamins A, C, B1, B2, calcium and iron. It can help your gut digest food faster, allowing more time to process and distribute nutrition.



## H4 Kimchi and Sweet Potato Fritters with Poached Eggs

Tangy and flavourful kimchi and sweet potato fritters served with poached eggs and avocado salsa.

### Switch it up!

*Don't feel like poached eggs? Switch it up! Fry the eggs, boil them, or even make a frittata using the eggs, thin slices of sweet potato, spring onions and kimchi.*

 30 minutes

 4 servings

 Vegetarian

## FROM YOUR BOX

AVOCADOS	2
LEBANESE CUCUMBERS	2
SPRING ONIONS	4
SWEET POTATO	500g
KIMCHI	1 jar
FREE-RANGE EGGS	6-pack
RICE FLOUR	1 packet (90g)

## FROM YOUR PANTRY

oil for cooking, sesame oil, salt, pepper, dried chilli flakes (optional), vinegar of choice

## KEY UTENSILS

large frypan, saucepan

## NOTES

Poaching for 3 minutes will give you eggs with soft, runny yolks. Poach for longer if you prefer a firmer yolk. Scan the QR code for more information on perfecting your egg cooking techniques.

**Protein upsize - 1 packet halloumi.** Cut halloumi into slices and pan-fry until golden on each side. Evenly divide onto fritters with poached eggs. Alternatively grate halloumi and mix into fritters.



### 1. PREPARE THE SALSA

Bring a saucepan of water to the boil.

Dice avocados and cucumbers. Toss in a bowl with slice spring onion green tops, **2 tsp sesame oil** and **2 tsp vinegar** until well combined.



### 2. PREPARE THE FRITTERS

Grate sweet potato and thinly slice spring onions. Add to a large bowl along with kimchi, **1 egg**, rice flour, **salt and pepper**. Mix to combine.



### 3. COOK THE FRITTERS

Heat a large frypan over medium-high heat with **oil**. Add 1/2 cupfuls of batter to pan, in batches, and cook for 2-3 minutes each side until golden. Remove to serving plates.



### 4. POACH THE EGGS

Reduce heat to simmer water. Crack eggs into saucepan and poach for 3-6 minutes (see notes). Use a slotted spoon to remove eggs and drain on paper towel.



### 5. FINISH AND SERVE

Top fritters with poached eggs. Serve with salsa and garnish with **dried chilli flakes** (optional).

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to [hello@dinnertwist.com.au](mailto:hello@dinnertwist.com.au)

