



### Product Spotlight: Red Onion

Onions are powerful superfoods packed with beneficial nutrients. They feature antiviral, antibacterial as well as antioxidant properties, with red onions providing a slightly higher amount of antioxidants.



## 4 Chipotle Street Corn with Fritters

Street corn spiced with plant-based chipotle mayonnaise, served with fresh vegetables and fritters.

 30 minutes

 2 servings

 Plant-Based

3 December 2021

## Bulk it up!

*If you're looking to bulk this meal up, try serving it in corn tortillas or taco shells. You could also make a salsa or guacamole to serve alongside the dish.*

Per serve: **PROTEIN** 14g **TOTAL FAT** 43g **CARBOHYDRATES** 67g

## FROM YOUR BOX

CORN COBS	2
RED ONION	1
LIME	1
RED CAPSICUM	1
CHIPOTLE MAYONNAISE	1 jar (235g)
FRITTERS	1 packet
SNOW PEA SPROUTS	1 punnet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, salt, pepper

## KEY UTENSILS

large frypan

## NOTES

Finely sliced herbs such as coriander or parsley would make a great addition to your street corn. Add some hot sauce if you like a kick of spice!



### 1. COOK THE CORN

Heat a frypan over medium-high heat with **oil**. Remove corn kernels from cobs and dice onion. Add to pan as you go. Cook, stirring, for 4-6 minutes until corn is slightly charred. Remove to a bowl. Keep pan.



### 2. MAKE THE STREET CORN

Zest lime and dice capsicum. Add to bowl along with juice from 1/2 lime and 3 tbsp chipotle mayonnaise. Mix until well combined. Season with **salt and pepper**.



### 3. COOK THE FRITTERS

Reheat frypan over medium-high heat with **oil**. Add fritters and cook, turning occasionally, for 2-3 minutes or until warmed through.



### 4. PREPARE FRESH TOPPING

Slice snow pea sprouts and wedge remaining lime.



### 5. FINISH AND SERVE

Divide fritters among plates. Serve with street corn, fresh toppings and chipotle mayonnaise to taste.

**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**

