



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**

