



### Product Spotlight: Sweet Corn

Corn is a special food, falling into not just one food category but two. The kernels are classified as a vegetable, but if you dry and pop them into popcorn they are considered a grain!



## 2 Griddle Arancini with Chopped Salad

Arancini flattened in the pan for extra crispiness! Served with charred corn on the cob and a fresh chopped salad.

 30 minutes

 2 servings

 Plant-Based

28 December 2020

### Mix it up!

*Use a mayonnaise of choice for a creamy dressing if you prefer. You can cook the arancini in the oven or on a flat BBQ hotplate instead of a frypan.*

Per serve: **PROTEIN** 19g **TOTAL FAT** 32g **CARBOHYDRATES** 91g

## FROM YOUR BOX

CORN COB	1
ARANCINI	8-pack
BABY COS LETTUCE	1
CONTINENTAL CUCUMBER	1/2 *
TOMATO	1
CELERY STICK	1
LEMON	1/2 *
TOMATO RELISH	1/2 jar *

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper

## KEY UTENSILS

frypan, griddle pan

## NOTES

If you prefer to not cook the corn, you can remove the kernels and add them to the salad fresh instead.

Try to only turn the arancini once to prevent them from falling apart. As the cheese melts slightly it will help hold the arancini together.



### 1. COOK THE CORN

Heat a griddle pan over high heat. Cut corn into cobs and coat with **oil, salt and pepper**. Place on griddle and cook for 8–10 minutes turning until charred (see notes).



### 2. COOK THE ARANCINI

Heat a frypan over medium–high heat with **oil**. Add arancini (in batches) and flatten slightly with a spatula. Cook for 4 minutes each side until crispy and warmed through (see notes).



### 3. PREPARE THE SALAD

Chop lettuce leaves, cucumber and tomato. Slice celery. Toss with lemon juice and **1 tbsp olive oil**.



### 4. FINISH AND PLATE

Divide corn, salad and arancini among plates. Serve with tomato relish.

**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)

