




### Product Spotlight: 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!



## 3 Chipotle Corn & Zucchini Fritters

Golden pan cooked fritters bursting with sweet corn and with a mild spring onion flavour, served with creamy chipotle mayonnaise and a sprinkle of crispy coconut “bacon”.

 35 minutes

 4 servings

 Plant-Based

19 October 2020

*Spice it up!*

*You can add chopped fresh herbs or chilli to the fritter mix for a more exciting flavour! Dress the salad with vinegar of choice and olive oil if preferred.*

Per serve: **PROTEIN** 14g **TOTAL FAT** 16g **CARBOHYDRATES** 40g

## FROM YOUR BOX

CHICKPEA FLOUR	1 packet (200g)
ZUCCHINI	1
CORN COBS	2
SPRING ONIONS	1/4 bunch *
CARROT	1
MIXED SALAD LEAVES	1 bag
ALFALFA SPROUTS	1/2 punnet *
CHIPOTLE MAYONNAISE	1/2 jar *
COCONUT BACON	1 packet

*\*Ingredient also used in another recipe*

## FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, smoked paprika

## KEY UTENSILS

frypan

## NOTES

The mixture will appear a little dry at first but will come together when the veggies are added.

As the fritter mix sits to the side, the salt will draw moisture from the zucchini. This will help bind the ingredients. Stir the mixture again before cooking.

Use a non stick frypan to cook the fritters, or cover the base with oil to prevent them from sticking. Use a timer when cooking the fritters to prevent flipping them too early.



### 1. PREPARE THE FRITTER MIX

Combine chickpea flour with **1/2 cup water** and **1 tsp smoked paprika**. Mix well (see notes).



### 2. ADD THE VEGETABLES

Grate zucchini and stir through mixture (don't squeeze out water). Remove corn from cobs. Slice spring onions (reserve green tops for garnish). Stir through fritter mix and season with **salt and pepper**. Set aside (see notes).



### 3. PREPARE THE SALAD

Ribbon carrot with a vegetable peeler. Toss salad leaves with alfalfa sprouts, **olive oil**, **salt and pepper**. Set aside.



### 4. COOK THE FRITTERS

Heat a frypan over medium heat with **oil**. Add 1/4 cup batter per fritter to pan. Cook in batches for 4-5 minutes each side or until golden.



### 5. FINISH AND PLATE

Divide fritters and salad among plates. Dollop with chipotle mayonnaise to taste and garnish with coconut bacon and sliced green spring onion tops.

**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**

