



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 Corn Fritters with Chickpea and Nut Feta Salad

Salad of chickpeas, fresh vegetables and nut feta served with homemade corn fritters and roasted dutch carrots.

 30 mins

 4 servings

 Plant-Based

28 May 2021

Make a salsa!

Some diced avocado and tomatoes would make a great addition to the salad.

Per serve: **PROTEIN** 21g **TOTAL FAT** 19g **CARBOHYDRATES** 72g

FROM YOUR BOX

DUTCH CARROTS	1 bunch
CHICKPEA FLOUR MIX	1 packet (120g)
CORN COBS	2
SPRING ONION	1/3 bunch *
MESCLUN LEAVES	1 bag
GREEN BEANS	250g
CHICKPEAS	2 x 400g
NUT FETA	1/2 tub *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, dried oregano, balsamic vinegar

KEY UTENSILS

large frypan, oven tray

NOTES

You could use the oil from the nut feta jar in your salad dressing instead of olive oil as it has lots of flavour in it.



1. ROAST DUTCH CARROTS

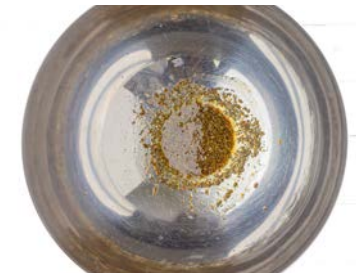
Set oven to 220°C.

Scrub and trim carrots. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes or until cooked through.



2. PREPARE FRITTER MIX

Combine chickpea flour mix in a large bowl with **1/3 cup water, salt and pepper**. Remove corn from cobs, slice spring onions. Add to chickpea flour mix and stir to combine. Set aside.



3. MAKE THE DRESSING

In a large bowl, whisk together **1 tsp oregano, 2 tsp vinegar, 1 tbsp olive oil** (see notes), **salt and pepper**.



4. PREPARE THE SALAD

Add mesclun leaves to bowl with dressing. Trim green beans and slice into 3cm pieces, drain and rinse chickpeas, add to salad. Toss together.



5. COOK THE FRITTERS

Heat a large frypan over medium–high heat with **oil**. Add 1/4 cup batter per fritter to the pan (makes roughly 12 fritters). Cook in batches for 3–4 minutes on each side or until golden and cooked through.



6. FINISH AND PLATE

Evenly divide corn fritters and carrots among plates, top with salad and dot over nut feta.

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**

