

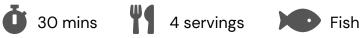
### **Product Spotlight:** Corn

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!



# and Corn Fritters

Holy Smokes Hot Smoked Salmon flaked through a fresh salad, served with corn fritters and roasted dutch carrots.



Per serve: PROTEIN TOTAL FAT CARBOHYDRATES 30g 42g 40g

Protein booster!

A poached egg or two on top of your corn

fritters would be a great addition to this dish. Eat it for breakfast, lunch or dinner!

28 May 2021

### FROM YOUR BOX

DUTCH CARROTS	1 bunch
CHICKPEA FLOUR MIX	1 packet (120g)
CORN COBS	2
SPRING ONION	1/3 bunch *
GREEN BEANS	1/2 bag (125g) *
MESCLUN LEAVES	1 bag
HOT SMOKED SALMON	2 packets
PERSIAN FETA	1/2 tub *

\*Ingredient also used in another recipe

### FROM YOUR PANTRY

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

#### **KEY UTENSILS**

large frypan, oven tray

### NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.

No fish option - hot smoked salmon is replaced with smoked chicken.



## **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 **1/2 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 tbsp balsamic vinegar, 1 tbsp olive oil, salt and pepper.



# **4. PREPARE THE SALAD**

Trim the green beans and slice in 3cm pieces. Add to large bowl with dressing, and mesclun leaves. Flake in the smoked salmon and 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 fritters and roasted carrots among plates. Top with smoked salmon salad and dot Persian feta over the top.

