



DINNER TWIST
LOCAL, HEALTHY, DELIVERED




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 Hot Smoked Salmon and Corn Fritters

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

 30 mins

 4 servings

 Fish

28 May 2021

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!

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

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.

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**

