



SAVOURY CORN FRITTERS

with Avocado-Tomato Salad and Cilantro Crema



HELLO FRITTERS

A traditional sweet and savoury snack from the Southern US

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 495



Grape Tomatoes



Green Onions



Cilantro



Lime



Cumin-Garlic Blend



Avocado



Baking Powder



All-Purpose Flour



Corn Kernels



Sour Cream



Honey



Feta Cheese, crumbled



Cornmeal

BUST OUT

- Large Non-Stick Pan
- Whisk
- 2 Medium Bowls
- Measuring Cups
- Measuring Spoons
- Zester
- Small Bowl
- Salt and Pepper
- Unsalted Butter **2** (2 tbsp | 4 tbsp)
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Grape Tomatoes 227 g | 454 g
- Green Onions 2 | 4
- Cilantro 7 g | 14 g
- Lime 1 | 1
- Cumin-Garlic Blend 1 tsp | 2 tsp
- Avocado 1 | 2
- Baking Powder 1 tbsp | 2 tbsp
- All-Purpose Flour **1** ½ cup | 1 cup
- Corn Kernels 113 g | 227 g
- Sour Cream **2** 6 tbsp | 12 tbsp
- Honey 1 ½ tbsp | 3 tbsp
- Feta Cheese, crumbled **2** ½ cup | 1 cup
- Cornmeal **1** ¼ cup | ½ cup

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites
- 10 Crustacean/Crustacé
- 11 Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG

In Step 5, if using a small pan, follow the First Pancake Rule - the first one may not turn out the prettiest, but as your pan gets hotter, the rest should look great!



1 PREP

Wash and dry all produce.* Cut tomatoes in half. Thinly slice green onions. Roughly chop cilantro. Zest, then juice half the lime (1 lime for 4 ppl). If there is any remaining lime, cut into wedges. Peel and cut avocado(s) into ½-inch cubes.



4 MAKE CREMA

In a small bowl, stir together remaining sour cream and remaining cilantro. Set aside.



2 MAKE BATTER

In a medium bowl, whisk together flour, cornmeal, baking powder, cumin-garlic blend, ½ tbsp honey (dbl for 4 ppl), 2 tbsp sour cream (dbl for 4 ppl), ½ cup cold water (dbl for 4 ppl). Add corn, half the feta, half the cilantro, half the lime zest, half the green onions and ½ tsp salt (dbl for 4 ppl). Stir together. Season with pepper. Set aside.



5 COOK FRITTERS

Heat a large non-stick pan over medium-high heat. When the pan is hot, add 1 tbsp butter and swirl the pan to melt. Add four heaping ⅓ cup batter into pan, creating four fritters. Reduce the heat to medium. Pan-fry until fritters are golden and cooked through, 3-4 min per side. (NOTE: Cook in two batches for 4 ppl. If you are using a smaller pan, cook more batches with fewer fritters using 1 tbsp butter for each batch.)



3 MAKE SALAD

In another medium bowl, whisk together remaining lime zest, remaining honey, 1 tbsp lime juice (dbl for 4 ppl) and 1 tbsp oil (dbl for 4 ppl). Add tomatoes, avocado, remaining green onions and remaining feta. Toss together. Season with salt and pepper. Set aside.



6 FINISH AND SERVE

Divide fritters and avocado-tomato salad between plates. Serve with crema on the side. Squeeze over a lime wedge, if desired.

HEALTHY

These fritters are a healthier alternative to the deep-fried version.