

Corn Fritters with Smoked Salmon

Sour Cream and Lemon

hellóchef

Sweetcorn fritters are quick and easy to make. Topped with delicious smoked salmon, these will be a real hit.

Cals 535 • Prot 39 • Carbs 45 • Fat 23

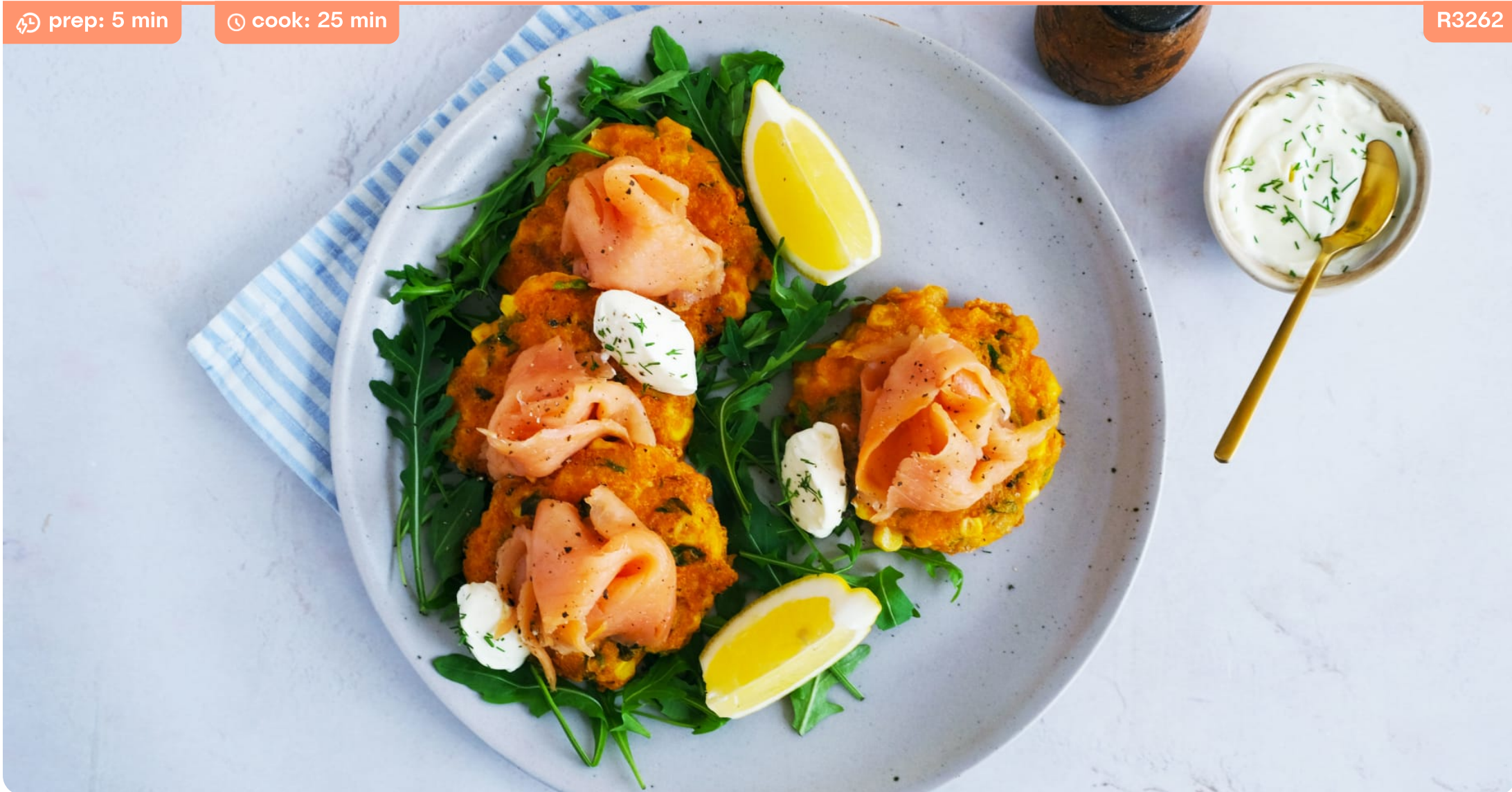
Quick Prep

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 prep: 5 min

 cook: 25 min

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Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Corn fritter	2 ppl	3 ppl	4 ppl	
Smoked Salmon Slices 6*	200	300	400	Grams
Spring onion	40	60	80	Grams
Sweet corn kernels	122	244	244	Grams
Plain flour 10* , 11*	50	100	100	Grams
Smoked paprika powder	2	4	4	Grams
Salt	0.5	1	1	Tsp
Baking powder	5	10	10	Grams
Organic Eggs 5*	1	2	2	Piece
Water	50	100	100	ML
Grated cheddar 4*	60	90	120	Grams
Vegetable oil	2	2	2	Tbsp
Black pepper	0.5	1	1	Tsp
Side				
Fresh dill	15	15	15	Grams
Lemon	1	2	2	Piece
Sour cream 4*	60	90	120	Grams
Rocket	40	80	80	Grams

Allergens

***6 Fish, *10 Wheat, *11 Gluten, *5 Eggs, *4 Milk**

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	2240 / 535
Fat (g)	22.8
of which saturates (g)	15.3
Carbohydrate (g)	45
of which sugars (g)	7.2
Fiber (g)	5
Protein (g)	39.3
Salt (g)	2.1

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep fritter

Finely chop the **spring onion**. Finely chop the **dill** leaves. Slice the **lemon** into wedges. Drain the **sweet corn**.



2 Batter

In a large bowl, combine the **flour**, **smoked paprika**, **salt**, and **baking powder**. Add the **corn**, **spring onion**, **eggs**, **measured water** and **cheddar cheese** to the **flour** and mix until a thick **batter** forms. Set aside.



3 Fry

Heat a non-stick pan over a medium heat with a generous drizzle of **vegetable oil**. Once hot, scoop 1 heaped tbsp of the **batter** into the pan. Gently spread the mixture into a flat circular shape. Repeat until the mixture runs out. Fry the **fritters** for 3 min on each side or until golden brown and crispy on both sides.

Tip! Avoid over-crowding the pan; use multiple pans or fry in batches.



4 Serve

Separate the **salmon slices**. Top the **corn fritters** with the **smoked salmon slices** and a dollop of **sour cream**. Garnish with the **fresh dill**. Serve the **rocket** to the side. Squeeze the **lemon** over the **salmon**. Season with **black pepper**.