



CORN FRITTERS

SERVES 2 OR 4

TIME: 30 MIN

CALORIES: 950/SERVING



This easy and quick recipe is bursting with vibrant flavours. Corn, bell peppers, and green onions in a light batter pan fried to golden brown perfection! Topped with a light and fresh pico de gallo and spicy lime aioli sauce.

WHAT YOU'LL NEED

- Large pan

- Oil



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE	2 servings	4 servings
Dry mix	3/4 cup	1.5 cups
Almond milk	1/2 cup	1 cup
Red pepper	1	2
Corn	1 cup	2 cups
Green onions	3	6
Spicy mayo	1/4 cup	1/2 cup
Lime	1	1
Tomatoes	2-3	4-6
Red onion	1	2
Cilantro	1/8 bunch	1/4 bunch
Jalapeño	1	2

Nutrition Facts Valeur nutritive

Per Serving (543 g)
pour 1 (543 g)

Calories 950	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 79 g	105 %
Saturated / saturés 11 g	55 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 68 g	
Fibre / Fibres 16 g	57 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 19 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 490 mg	21 %
Potassium 950 mg	20 %
Calcium 225 mg	17 %
Iron / Fer 2.5 mg	14 %

*5% or less is a little 15% or more is a lot

*5% ou moins c'est peu 15% ou plus c'est beaucoup



Prep ingredients: dice the **red pepper, tomatoes, red onion,** and **jalapeño**, and finely slice the **green onions** and **cilantro**. Halve the **lime**. Preheat a large pan over medium heat and add 1/2 cup of **oil** (for 4 servings, start with 1/2 cup and add more as needed).



Add **dry mix** and **almond milk** to a large mixing bowl. Whisk to combine; it should resemble thick pancake batter. Add **corn, red pepper,** and **green onions** to the bowl and stir gently to combine.



Scoop 1/4 cup of the **batter mix** and drop it into the pan, being careful not to crowd the pan. Fry for 6-7 minutes each side or until golden brown and crispy.



Meanwhile, in another bowl, combine **tomatoes, red onion, cilantro, juice of half the lime,** and **jalapeño** (leave aside if you don't like spicy!). Stir to combine.



Divide **fritters** between plates and top with a drizzle of **spicy mayo** and a scoop of **pico de gallo**. Squeeze **remaining lime** over top.