



DropChef Sweetcorn Fritters with Indian Spiced Beans

These gently spiced beans are a nice and cosy midweek meal. We serve them up with sweetcorn fritters to break the monotony of rice and add a portion of veg! You may notice we snuck a grated carrot in here too - this helps to boost the veg content, flavour, and sweetness in tomato dishes where time is limited!

Ingredients

- Sweetcorn
- Self-raising Flour
- Egg
- Red Onion
- Mild Curry Powder
- Carrot
- Tinned Tomatoes
- Mixed Beans
- Crème Fraîche
- Coriander

Your Pantry

- Olive Oil
- Milk
- Salt & Pepper

Nutritional Info

Calories: 433 kcal
Carbohydrates: 70.6 g
Protein: 23.5 g
Fat: 5.6g

Allergens

Milk (Crème Fraîche)
Egg (Egg)
Wheat (flour)
Mustard (Curry Powder)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.



1) Prepare the vegetables

Peel and finely chop the red onion. Put one tablespoon of red onion aside for the fritters. Finely chop coriander.

Peel and grate the carrot. Drain the tin of sweetcorn. Drain and rinse the tin of mixed beans thoroughly with cold water.

2) Make the masala beans

Heat a teaspoon of oil in a saucepan on medium heat and add the carrot & onion. Fry for about 4 minutes until soft and beginning to caramelize.

Add the curry powder and season with salt and pepper to taste, cooking for a further 30 seconds.

Pour in the tomatoes and beans and bring to a simmer. Leave to cook for 15-20 minutes. After 20 minutes, taste the beans - you may want to add half a teaspoon of sugar if too acidic. Meanwhile, make the fritters...

3) Make the batter

In a bowl, tip in the sweetcorn, red onion, flour, 20ml of milk per person and egg. Season with salt and pepper. Mix until combined. It should be like a lumpy pancake batter.

4) Cook the fritters

Place a large non-stick frying pan with a drizzle of oil on high heat. When the oil is hot, add large, heaped tablespoons of the fritter mixture (it should sizzle when it hits the pan) to the pan.

Fry for 1-2 minutes or until tiny bubbles appear at the service of the fritter. Flip the fritters over and fry for a further minute and a half before transferring to a warm plate.

5) Plate the dish

Once the beans and fritters are cooked, lay the fritters along the plate and spoon the beans alongside it. Garnish with the Crème fraîche and a light sprinkle of chopped coriander.



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