

Sweetcorn & Black Bean Fritters with Sweet Potato Wedges

Plantains are a rich source of fibre and vitamins A, C and B. Fibre is essential for gut health and can improve your digestion whilst also helping you feel full for longer.



Take & Make Boxes are assembled in a facility that also handles celery, gluten, eggs, lupin, milk, mustard, peanuts, sesame, soybeans, sulphur dioxide, sulphites and tree nuts. Therefore, this product may contain trace allergens that have not otherwise been declared.

Equipment you will need:

- Knife and fork
- Sharp knife
- Chopping board
- 2 Mixing bowls
- Grater
- Large frying pan
- Spatula
- Sieve or colander
- Measuring spoons
- Baking tray
- Tin opener
- Large spoon

Ingredients:

Fritters:

- 1 small onion
- 1 medium courgette
- Tin sweetcorn
- Tin black beans
- 150g gram flour
- ½ teaspoon chilli powder
- Approx. 175ml water
- 2 tablespoons oil

Helpful tip:

1 tablespoon = 3 teaspoons or 15ml

Salsa:

- 1 medium mango
- 2 spring onions
- 1 fresh chilli
- 1 lime
- 10g fresh mint or ½ teaspoon mint sauce

Wedges:

- 1 sweet potato
- 1 tablespoon oil

Follow the instructions overleaf or see our chefs make this dish in our recipe video.

Open your QR code reader on your smartphone. Hold the device over the code and click to watch.

Please note: some ingredients may have changed since we filmed the video.



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Instructions:

1. Wash all the fruits and vegetables and preheat your oven to 200°C.
2. Cut the flesh of the mango away from the stone in the middle, crosshatch the mango flesh with a table knife and turn inside out like a hedgehog, scrape the small cubes of mango flesh off of the skin into a bowl.
3. Finely slice the spring onions and mint with a knife or scissors. Finely chop the chilli, if you prefer a milder flavour slice the chilli length ways first and remove the seeds. Finely grate the zest of the lime.
4. Add all of these ingredients to a bowl. Cut the lime in half and squeeze in the juice. Toss all the ingredients together and leave at room temperature.
5. Slice the sweet potato into wedges and arrange on an oven tray. Sprinkle over the oil and toss until coated. Place in the oven for 30–40 minutes or until soft inside and crispy outside.
6. Coarsely grate the courgette and place in a sieve. Over the sink use your hands to squeeze out any excess water.
7. Chop the onion very finely. Drain the sweetcorn and rinse the black beans in a sieve.
8. Weigh the gram flour and place in a bowl with the chilli powder. Stir to combine. Add cold water gradually and whisk with a fork to make a thick, smooth batter (you should need about 175ml water).
9. Add the courgette, onion, half the tin of sweetcorn and half the tin of black beans to the batter and mix together.
10. Heat a frying pan with the oil. Spoon the mixture onto the pan. Cook for about 4 minutes on each side until golden. Gram flour tastes bitter until cooked so make the fritters fairly thin and ensure they are cooked through by cutting one open to check inside. You may need to cook the fritters in 2 batches, keep the cooked ones warm on a tray or plate in the oven until you're ready to serve.
11. Serve with the mango salsa and sweet potato wedges.

Remember to measure or check the weights of your ingredients. We may have included more than you need.

Cooking for more than 4?

Bulk up the meal by cutting two potatoes into wedges, coating with oil and baking for 20 – 30 minutes until golden



A plant-based diet requires $\frac{1}{3}$ of the land needed to support a meat and dairy diet. Many people eat plant-based dishes once a week to shrink their climate footprint.