



Corn Fritters with Herb Salsa and Fresh Cheese: Arepitas with Chimichurri and Queso Fresco

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



437 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 bunch cilantro leaves fresh
- ☐ 1 bunch flat-leaf parsley fresh
- ☐ 2 large cloves garlic
- ☐ 1 jalapeño stemmed chopped
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup juice of lime freshly squeezed

- ☐ 2 cups harina pan white (precooked corn flour)
- ☐ 0.5 cup milk
- ☐ 0.3 cup olive oil
- ☐ 1 onion spanish
- ☐ 3 sprigs oregano fresh leaves picked
- ☐ 0.5 cup parmesan grated
- ☐ 0.5 pound queso fresco crumbled
- ☐ 1 teaspoon salt fine
- ☐ 3 tablespoons vegetable oil for frying plus more
- ☐ 2 cups water lukewarm

Equipment

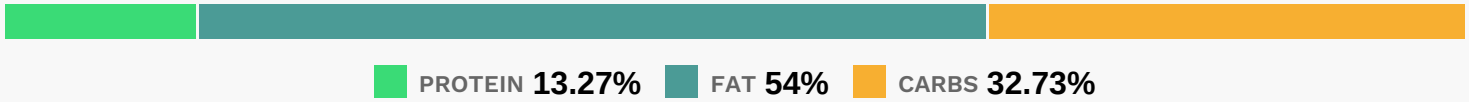
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ pot
- ☐ kitchen thermometer
- ☐ kitchen towels
- ☐ slotted spoon

Directions

- ☐ Make the chimichurri: In a food processor, pulse the onion until finely chopped but not pureed.
- ☐ Transfer the onion to a bowl.
- ☐ Add the olive oil, lime juice, parsley, cilantro, oregano leaves, garlic, and jalapeno and pulse until finely chopped.

- ☐ Transfer the herb mixture to the bowl with the onion and stir to combine. Season the chimichurri with salt and pepper.
- ☐ Make the arepitas: In a large bowl, whisk together the harina pan, Parmesan, and salt. In another large bowl, whisk together the water, milk, and 3 tablespoons oil. Stir the milk mixture into the flour mixture. Using your hand, knead the mixture until a firm but malleable dough is formed. Cover the bowl with a kitchen towel and let the dough rest for 10 minutes.
- ☐ Meanwhile, pour the oil for frying into a large pot to a depth of 2 inches.
- ☐ Heat the oil over medium heat until a deep-fry thermometer inserted in the oil registers 365 degrees F.
- ☐ Form the dough into 1 to 1 1/2-inch round balls. Using the palms of your hands, form the dough balls into rounded "UFO" shapes.
- ☐ Working in batches, add the dough balls to the oil and fry, turning occasionally, until puffed and golden brown. Using a slotted spoon, transfer the arepitas to paper towel-lined plate and season with salt.
- ☐ Serve the arepas in a bowl with the chimichurri and queso fresco in separate bowls on the side.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:1.05, Inflammation Score:-9, Nutrition Score:18.711739146191%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg, Hesperetin: 1.21mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg, Apigenin: 20.48mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg, Myricetin: 1.43mg Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg, Quercetin: 4.66mg

Nutrients (% of daily need)

Calories: 436.61kcal (21.83%), Fat: 26.82g (41.26%), Saturated Fat: 8.73g (54.58%), Carbohydrates: 36.57g (12.19%), Net Carbohydrates: 32.85g (11.94%), Sugar: 3.79g (4.21%), Cholesterol: 34.19mg (11.4%), Sodium: 826.24mg (35.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.83g (29.66%), Vitamin K: 177.22µg (168.78%),

Calcium: 431.54mg (43.15%), Phosphorus: 323.77mg (32.38%), Vitamin A: 1344.76IU (26.9%), Vitamin C: 21.49mg (26.05%), Selenium: 15.3µg (21.86%), Vitamin E: 2.46mg (16.4%), Magnesium: 63.41mg (15.85%), Manganese: 0.31mg (15.51%), Vitamin B6: 0.3mg (15.15%), Fiber: 3.73g (14.91%), Zinc: 2.19mg (14.57%), Vitamin B12: 0.84µg (14.08%), Vitamin B2: 0.19mg (10.9%), Iron: 1.85mg (10.26%), Vitamin B1: 0.14mg (9.49%), Folate: 37.58µg (9.4%), Potassium: 314.62mg (8.99%), Vitamin D: 1.29µg (8.57%), Copper: 0.14mg (6.88%), Vitamin B3: 0.95mg (4.75%), Vitamin B5: 0.43mg (4.32%)