



Cooking Made Easy

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## Luke's Favourite Salmon Fishcakes with a Citrus Salad

Head Chef Patrick may be the one who creates the recipes, but it's Luke who sources the produce and makes sure your box looks like a little treasure chest every week. Luckily they see eye to eye on pretty much everything, except for peas. Patrick loves peas. The mere mention of them puts a twinkle in his eye. But Luke knows that every time they appear in a recipe, he'll be spending the best part of his week shelling them. When he tasted these fishcakes though, his taste buds made the decision for him. Happy shelling Luke!



40 min



family box



seafood first



Potato



Dill



Spring Onion



Salmon Fillet



Peas



Ketchup



English Mustard



Lemon



Crème Fraîche



Breadcrumbs





Steve's Leaves Persian Cress

## Ingredients

	2P	4P
Potato, chopped	-	2
Dill, chopped	-	2 tbsp
Spring Onion, chopped	-	4
Salmon Fillet <b>1</b>	-	360g
Peas	-	1 cup
Ketchup <b>2, 3</b>	-	1 tbsp
English Mustard <b>4</b>	-	2 tsp
Lemon	-	1
Crème Fraîche <b>5</b>	-	5 tbsp
Breadcrumbs <b>6</b>	-	2 cups
Steve's Leaves Persian Cress	-	2 bags

**Nutrition per serving:** Calories: 559 kcal | Protein: 30 g | Carbs: 54 g | Fat: 25 g | Saturated Fat: 14 g

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

**LH** Step for little hands

## Allergens

**1)** Fish | **2)** Celery  
**3)** Sulphites | **4)** Mustard  
**5)** Milk | **6)** Gluten



**1** Pre-heat the oven to 200 degrees. Boil two pots of water with ½ tsp of salt each (for potato and peas). Peel and chop the potato into golf ball sized chunks. Very finely chop 1 tbsp of dill and the spring onion.



**2** Boil the potato chunks in the water for around 10 mins. **Tip:** *The potatoes are ready when you can easily slip a knife through them.* Drain the potatoes and put them back in the pan. Put on the hob on medium-high heat and cook for a couple of mins until they are dry, then remove from the heat. **Tip:** *Watch them like a hawk and don't let them burn!*



**3** While the potato chunks cool, lightly coat the salmon with olive oil. Season with a pinch of salt and pepper and place on a tray on the top shelf of the oven. Cook for 8 mins and then remove. Leave the oven on for your fishcakes.



**4** In the other pan of boiling water cook your peas. After 4 mins drain the peas and keep to the side.

**5** Thoroughly mash the potato and add ½ tsp of salt and some pepper. Mix in the peas, ¾ spring onion, ketchup, mustard and dill.

Zest (i.e. grate the yellow part only) in a ½ tsp of the lemon zest. Break the salmon into small flakes and gently stir this in as well.

**6** Form the mixture into four equally sized patties. **Tip:** *Make sure they are compact so they don't fall apart later.* Put 3 tbsp crème fraîche in a bowl and gently coat the fishcakes on all sides. Now roll the fishcakes in the breadcrumbs until totally covered.

**7** Heat a frying pan on medium heat and add 1 tbsp of olive oil. Once hot, very gently place the fishcakes in the oil and cook for 2 mins on each side. When both sides look nice and crispy put the fishcakes on a baking tray and pop in the oven for 5 mins.

**8** In a bowl mix 2 tbsp of crème fraîche, 1 tbsp of olive oil, 1 tsp of lemon juice and a little more chopped dill. Season with salt and pepper and then pour this over your salad leaves in a mixing bowl. Use the tip of your fingers to gently coat the salad leaves in the dressing. Serve the fishcakes with the salad on the side and the remaining spring onion sprinkled on top.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!