



# Handmade Spiced Fish Cakes

with Sweet Potato Chips and Lemon Rocket Salad

Classic 45-55 Minutes • Mild Spice • 2 of your 5 a day

48



Baking Potato



Garlic Clove



Fish Pie Mix



Sweet Potato



Lemon



Grated Hard Italian Style Cheese



Central American Style Spice Mix



Breadcrumbs



Wild Rocket

#### Pantry Items

Oil, Salt, Pepper, Olive Oil, Mayonnaise

## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Kettle, saucepan, baking tray, fine grater and bowl.

## Ingredients

Ingredients	2P	3P	4P
Baking Potato	1	1½	2
Garlic Clove**	3	4	6
Fish Pie Mix** 4)	1 pack	1 pack	2 packs
Sweet Potato	2	3	4
Lemon**	1	1½	2
Grated Hard Italian Style Cheese** 7) 8)	20g	30g	40g
Central American Style Spice Mix	1 sachet	1 sachet	2 sachets
Breadcrumbs 13)	25g	35g	50g
Wild Rocket**	40g	60g	80g

Pantry	2P	3P	4P
Oil for the Breadcrumbs*	1 tbsp	1½ tbsp	2 tbsp
Olive Oil for the Dressing*	½ tbsp	¾ tbsp	1 tbsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	634g	100g
Energy (kJ/kcal)	3069 / 734	484 / 116
Fat (g)	22.4	3.5
Sat. Fat (g)	4.4	0.7
Carbohydrate (g)	101.3	16.0
Sugars (g)	20.4	3.2
Protein (g)	34.5	5.4
Salt (g)	2.45	0.39

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

4) Fish 7) Milk 8) Egg 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens.

Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.


Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

## Contact

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## Boil the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

Chop the **baking potato** into 2cm chunks (peel first if you prefer). Peel the **garlic cloves** but leave them whole.

Pour the **boiled water** into a large saucepan on high heat with **½ tsp salt**. Add the **potatoes** and **peeled garlic** to the **water** and cook until just tender, 12-14 mins.

About 5 mins before the **potatoes** are ready, drain the **fish pie mix** and add to the same pan. Simmer until cooked through, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



## Time to Bake

Transfer the **fish cakes** to a large, lightly oiled baking tray.

Drizzle with **oil**, then bake on the top shelf of your oven until golden, 24-26 mins. Carefully turn halfway through.



## Cook the Chips

Meanwhile, chop the **sweet potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, roast on the middle shelf until golden, 30-35 mins. Turn halfway through.

Meanwhile, zest and cut the **lemon** into wedges.



## Finishing Touches

When everything's ready, add the **rocket** to a medium bowl.

Add the **olive oil for the dressing** (see pantry for amount) with a squeeze of **lemon juice** and pinch of **sugar** (if you have any).

Season with **salt** and **pepper**, then toss together until well coated.

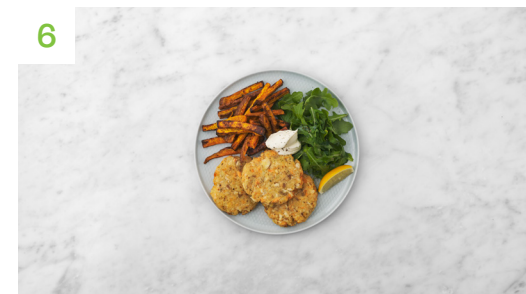


## Make your Fish Cakes

Once the **potatoes** and **fish** are cooked, drain and allow to steam uncovered for 2 mins.

Return to the pan, off the heat. Mash together, ensuring the **mixture** isn't too smooth so that some small chunks of **potato** remain. Stir the **hard Italian style cheese**, a pinch of **lemon zest**, the **Central American style spice mix**, **breadcrumbs** and **salt** (see pantry for amount).

Season with **pepper** and mix together. Allow the **mixture** to cool slightly, then shape into 2cm thick patties, 3 per person.



## Serve Up

Share the **fish cakes**, **sweet potato chips** and **rocket salad** between your plates.

Serve with a dollop of **mayo** for dipping (see pantry for amount) and the remaining **lemon wedges** for squeezing over.

## Enjoy!