



SMOKED SALMON FISH CAKE

WITH ROASTED BEETROOT AND CUCUMBER PICKLE

SPECIALITY INGREDIENT



XX

XXX



Potato



Beetroot



Dill



Chives



Lemon



Hot Smoked Salmon



Crème Fraîche



Panko Breadcrumbs



Wholegrain Mustard



Cucumber



Mustard Seeds



White Wine Vinegar



Unsalted Butter



King Prawns

MEAL BAG

40 mins

of your 5 a day

13

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Large Saucepan, Peeler, Colander**, some **Baking Paper**, two **Baking Trays**, a **Fine Grater**, two **Mixing Bowls** and **Small Frying Pan**. Now, let's get cooking!



1 COOK THE POTATO

Preheat your oven to 200°C. Bring a large saucepan of water to the boil. Peel the **potato**, chop into 2cm chunks and add to the pan. Boil until you can easily slip a knife through them, then drain in a colander, 10-12 mins. Meanwhile, trim and peel the **beetroot**. Chop into 2cm chunks. Pop on a lined baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss together then spread out. Set the tray to one side.



4 MAKE THE CAKES

Meanwhile, pop the remaining **breadcrumbs** on a plate. When the **potato** has been drained, leave to cool for a few minutes before adding to the bowl with the **salmon**. Use a fork to mash everything together gently then use your hands to start forming the **mixture** into one large **fish cake** per person. Lay each **fish cake** in the **breadcrumbs** and turn to coat all over.



2 DO THE PREP

Roughly chop the **dill** (stalks and all). Roughly chop the **chives** (or use scissors). Zest the **lemon** then chop in half. Pop the **hot smoked salmon** in a mixing bowl. Stir in the **chives**, **half the dill**, the **crème fraîche**, **half the breadcrumbs** and the **wholegrain mustard**. Season with a pinch of **salt** and plenty of **pepper**.



5 BAKE THE CAKES

Place the **fish cakes** on another baking tray, drizzle with **oil** and bake on the top shelf of your oven until golden, 12-15 mins. Melt the **butter** in a small frying pan along with the **lemon zest** and **half the juice**. Stir in the **prawns** and poach gently until cooked, turning occasionally, 3-4 mins. **IMPORTANT:** *The prawns are cooked when opaque in the centre.* Finish with another squeeze of **lemon juice** to taste and a pinch of **salt** and **pepper**.



3 CUCUMBER PICKLE TIME

Trim the **cucumber**, then using the peeler, peel long ribbons along its length, turning as you go. Stop when you get to the centre (it will become too difficult to peel!). Pop the ribbons in another mixing bowl along with the **mustard seeds**, **sugar** (see ingredients for amount) and **white wine vinegar**. Season with a pinch of **salt** and **pepper**, toss together and set aside. Roast the **beetroot** on the middle shelf of your oven until soft, 20-25 mins.



6 SERVE

Reheat the **buttery sauce** if necessary just before serving. Serve the **fish cakes** on a bed of **roasted beetroot**. Arrange the **cucumber pickle** on top, then spoon the **buttery prawns** and **sauce** all over. Finish with a scattering of the remaining **dill**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Potato *	1	1 pack	1 pack
Beetroot *	2	3	4
Dill *	1 bunch	1 bunch	1 bunch
Chives *	1 bunch	1 bunch	1 bunch
Lemon *	1	1½	2
Hot Smoked Salmon 4) *	1 pack	1½ packs	2 packs
Crème Fraîche 7) *	1 pot	1½ pots	2 pots
Panko Breadcrumbs 13)	45g	60g	75g
Cider & Horseradish			
Wholegrain Mustard 9) 14)	1 pot	1½ pots	2 pots
Cucumber *	½	¾	1
Mustard Seeds 9)	½ pot	¾ pot	1 pot
Sugar*	1 tsp	1½ tsp	2 tsp
White Wine Vinegar 14)	sachet	sachets	sachets
Unsalted Butter 7) *	60g	90g	120g
King Prawns 5) *	120g	180g	250g

*Not Included

* Store in the Fridge

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 783G	PER 100G
Energy (kcal)	991	127
(kJ)	4146	530
Fat (g)	62	8
Sat. Fat (g)	30	4
Carbohydrate (g)	81	10
Sugars (g)	27	3
Protein (g)	40	5
Salt (g)	2.90	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

4) Fish 5) Crustaceans 7) Milk 9) Mustard 13) Gluten 14) Sulphites

PAIR THIS MEAL WITH

A crisp white like a Chardonnay.

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

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