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## Salmon & Sweet Potato Cakes with Herby Mayonnaise

How terribly exciting! We love using seafood in our HelloFresh meals - it's delicious and terrific for you. That's why we're overjoyed to present for the first time this delectable hot smoked salmon. With creamy sweet potato and a moreish dill and parsley mayonnaise, we'll just be quiet now and let you get on with it.



**Prep:** 10 mins  
**Cook:** 20 mins  
**Total:** 30 mins



level 2



lactose  
free



seafood  
first

### Pantry Items



Vegetable  
Oil



Sweet Potato



Hot Smoked  
Salmon



Spring Onions



Fine  
Breadcrumbs



Rocket





Dill & Parsley  
Mayonnaise




Lime

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2P	4P	Ingredients
400 g	800 g	sweet potato, peeled & cut into 2 cm pieces
1 fillet	2 fillets	hot smoked salmon, flaked 
1 bunch	2 bunches	spring onions, finely sliced
½ cup	1 cup	fine breadcrumbs
¼ cup	½ cup	vegetable oil *
1 bag	2 bags	rocket, washed
2 tbs	4 tbs	dill & parsley mayonnaise (recommended amount)
½	1	lime, cut into wedges 

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	2900	Kj
Protein	30.9	g
Fat, total	36.8	g
-saturated	4.7	g
Carbohydrate	58.7	g
-sugars	14.9	g
Sodium	936	mg



**You will need:** *chef's knife, chopping board, vegetable peeler, large saucepan, colander, potato masher, fork, large bowl, 1 cup measurement, large frying pan, plate and paper towel.*

**1** Place the **sweet potato** in a large saucepan and cover with water. Add a pinch of **salt**, bring to the boil and cook for **10 minutes** or until tender. Drain. Rinse under cold water, drain really well and then return to the same pan. Mash with a potato masher or fork until smooth.



**2** In a large bowl, combine 1 cup of the sweet potato mash (2 cups for 4 people), the **hot smoked salmon**, **spring onion** and half of the **fine breadcrumbs**. Season to taste with salt and **pepper**. Shape the mixture into patties (3 per person) and then coat each pattie in the remaining breadcrumbs.

**Tip:** If you have any leftover sweet potato you can refrigerate it for up to 4 days or pop it in the freezer for up to 1 month.



**3** Heat the **vegetable oil** in a large frying pan over a medium-high heat. Add the patties and cook for **3-4 minutes** on each side or until golden and heated through. Drain on a paper towel lined plate.

**4** To serve, divide the **rocket** between plates and top with the smoked salmon patties. Dollop with the **dill & parsley mayonnaise** and serve with the **lime wedges**.



**Did you know?** Salmon is a rich source of vitamin B12, vitamin D, and contains omega-3s' that make us happy, smart, and pain-free!