

## 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

## **Pantry Items**





Sweet Potato



Hot Smoked Salmon



Spring Onions



Fine Breadcrumbs



Rocket



Dill & Parsley Mayonnaise



Lime

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	
⅓ cup	⅓ cup	vegetable oil *	
1 bag	2 bags	rocket, washed	
2 tbs	4 tbs	dill & parsley mayonnaise (recommended amount)	
1/2	1	lime, cut into wedges	B

<del>1</del>	Ingredient features in another recipe
*	Pantry Items

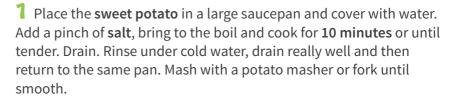
Pre-preparation

N	utr	ition	per	serve

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.





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!