



HOT SMOKED SALMON

& Sweet Potato Cakes with Dill & Parsley Mayo



Make shredding salmon easy



Sweet Potato



Hot Smoked Salmon



Spring Onions



Lemon



Fine Breadcrumbs



Rocket Leaves



Dill & Parsley Mayonnaise

Pantry Staples



Olive Oil

Hands-on: 15 mins
Ready in: 25 mins

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 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.

BEFORE YOU — START

You will need: **large saucepan, chef's knife, chopping board, vegetable peeler, fork, colander, potato masher, large bowl, measuring cup, large frying pan, spatula or fish flip, plate and paper towel.** Let's start cooking the **Hot Smoked Salmon & Sweet Potato Cakes with Dill & Parsley Mayo**



1 GET PREPPED

Bring a large saucepan of water to the boil. Peel and cut the **sweet potato** into 2 cm pieces. **+** Use two forks to **shred the hot smoked salmon** into even small pieces. Finely slice the **spring onion**. Slice the **lemon** into wedges.



2 COOK THE SWEET POTATO

Place the **sweet potato** in the large saucepan of boiling water. Cook for **10 minutes**, or until tender. Drain. Rinse under cold water, drain really well and then return to the saucepan. Mash with a potato masher or fork until smooth.



3 MAKE THE PATTY MIXTURE

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**.

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.



4 SHAPE THE PATTIES

Shape the mixture into patties (approx 3 per person) and then coat each patty in the remaining **fine breadcrumbs**.



5 PAN-FRY THE PATTIES

Heat the **olive oil** in a large frying pan over a medium-high heat. Carefully add the patties and cook for **3-4 minutes**. Turn gently using a spatula or fish flip and cook for a further **3-4 minutes**, or until golden. Set aside on a plate lined with paper towel.



6 SERVE UP

Divide the **rocket leaves** between plates and drizzle with **olive oil** and the juice of half of the **lemon** wedges. Top with the salmon patties. Dollop with the **dill & parsley mayonnaise** and serve with the remaining **lemon** wedges.

ENJOY!

2 | 4 PEOPLE — INGREDIENTS

	2P	4P
sweet potato	400 g	800 g
hot smoked salmon	1 packet	2 packets
spring onions	1 bunch	2 bunches
lemon	½	1
fine breadcrumbs	1 packet (½ cup)	2 packets (1 cup)
olive oil *	¼ cup	½ cup
rocket leaves	1 bag	2 bags
dill & parsley mayonnaise	1 tub (2 tbs)	2 tubs (4 tbs)

*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3140	689
Protein (g)	44.4	9.7
Fat, total (g)	40.7	8.9
- saturated (g)	5.9	1.3
Carbohydrate (g)	51.4	11.3
- sugars (g)	14.7	3.2
Sodium (g)	1220	268

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

hello@hellofresh.com.au

2017 | WK12 | C5

HelloFRESH