



# SALMON CAKES

with Sweet Potato Thins & Dill Yoghurt



Dust salmon cakes in flour for a golden finish



Sweet Potato



Hot Smoked Salmon Deli Bites



Brown Onion



Green Beans



Fine Breadcrumbs



Dill



Greek Yoghurt



Mixed Salad Leaves

### Pantry Staples



Olive Oil



Eggs



Plain Flour



Hands-on: 25 mins

Ready in: 35 mins

It's a delicate balance to whip up a salmon cake that is light without falling apart and substantial without being dense. Don't worry though – we're going to talk you through it one step at a time.

# BEFORE YOU START

You will need: **chef's knife, chopping board, two forks, box grater, medium bowl, oven tray** lined with **baking paper, spoon, measuring cups, plate, small bowl, medium frying pan** and a **spatula**. Let's start cooking the **Salmon Cakes with Sweet Potato Thins & Dill Yoghurt**



## 1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Thinly slice the **sweet potato** (unpeeled) into 3 mm discs. Trim the **green beans** and cut in half. Use two forks to flake the **hot smoked salmon deli bites** into small pieces. Grate the **brown onion** (ensure you squeeze out any excess moisture).



## 2 COOK THE SWEET POTATO THINS

Place the **sweet potato** thins in a bowl. Drizzle in a **1/3** of the **olive oil** and season with **pepper**. Toss to coat. Place the sweet potato thins in a single layer on the prepared oven tray. Place the **green beans** on top of the sweet potato thins and drizzle with **olive oil**. Bake for **15-20 minutes**, or until the sweet potato is slightly charred around the edges and softened in the centre.



## 3 PREPARE THE SALMON CAKES

Meanwhile, place the flaked **hot smoked salmon**, grated **brown onion**, **egg** and the **fine breadcrumbs** into a bowl. Season with **pepper**. Mix to combine. Take a **1/3 cup** portion of the mixture and mould into small cakes, about 1 1/2 cm thick (you should get 3 each). **Lightly dust in plain flour**. Set aside on a plate and transfer to the fridge for **5 minutes** to firm up.

*Dusting the salmon cakes in plain flour ensures a nice and golden finish on the outside after frying.*



## 4 PREPARE THE DILL YOGHURT

While the salmon cakes are in the fridge, finely chop the **dill** and combine in a small bowl with the **Greek yoghurt**. Season to taste with **salt** and **pepper**. Set aside.



## 5 COOK THE SALMON CAKES

Heat the **remaining olive oil** in a medium frying pan over a medium-high heat. Cook the salmon cakes for **2-3 minutes** on each side, or until golden brown and heated through. Remove from the heat.



## 6 SERVE UP

Drizzle the **mixed salad leaves** with a **dash of olive oil** and toss with the baked green beans. Divide the salad, sweet potato thins and salmon cakes between plates. Top with a spoonful of dill yoghurt.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
sweet potato	1	2
green beans	1 bag	2 bags
hot smoked salmon deli bites	1 packet	2 packets
<b>brown onion</b>	1	2
olive oil*	1/4 cup	1/2 cup
eggs*	2	4
fine breadcrumbs	1 packet (1/2 cup)	2 packets (1 cup)
plain flour*	2 tsp	1 tbs
dill	1 bunch	2 bunches
Greek yoghurt	1 tub (100g)	2 tubs (200g)
mixed salad leaves	1 bag	2 bags

\*Pantry Items | Ingredient features in another recipe

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3620kJ (864Cal)	670kJ (160Cal)
Protein (g)	54.4g	10.1g
Fat, total (g)	47.2g	8.7g
- saturated (g)	10.0g	1.9g
Carbohydrate (g)	53.8g	10.0g
- sugars (g)	15.3g	2.8g
Sodium (g)	1340mg	249mg

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hello@hellofresh.com.au

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