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WK40
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Salmon & Sweet Potato Cakes with Dill & Parsley Mayo

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: 15 mins

Cook: 25 mins

Total: 40 mins



level 2



lactose free



low sodium

Pantry Items



Olive Oil



Sweet Potato



Hot Smoked Salmon



Spring Onions



Fine Breadcrumbs



Rocket Leaves



Lemon



Dill & Parsley Mayonnaise

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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
1 packet	2 packets	fine breadcrumbs
¼ cup	½ cup	olive oil *
½ bag	1 bag	rocket leaves, washed 
½	1	lemon, cut into wedges 
1 tub	2 tubs	dill & parsley mayonnaise

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2760	Kj
Protein	23.7	g
Fat, total	36.2	g
-saturated	4.4	g
Carbohydrate	58.6	g
-sugars	14.9	g
Sodium	421	mg



You will need: *chef's knife, chopping board, vegetable peeler, large saucepan, colander, potato masher or fork, large bowl, 1 cup measurement, large frying pan, spatula or fish flip, 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 patty 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 **olive oil** in the 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. Drain on a paper towel lined plate.



4 To serve, 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.

Did you know? The oldest salmon fossil found is 50 million years old.