



Potato and Pea Fishcakes

with Homemade Tartare Sauce



30-40min



2 Portions

Love fish and chips? Well these fantastic fishcakes are a spin on all the classic flavours that make up everyone's favourite take-away. Potatoes get crushed and mixed with freshly poached salmon and peas, pan-fried until golden and crisp and teamed with creamy homemade tartare and a crisp green salad. Plus, salmon is a good source of high-quality protein, vitamins and minerals and omega-3 fatty...

What we send

- salmon fillet, skin-off ⁴
- parsley, kaffir lime leaves
- mixed salad leaves
- green peas
- panko breadcrumbs ¹
- aioli ^{3,7}
- cornichons
- capers
- lemon
- chat potatoes

What you'll require

- milk ⁷
- olive oil
- pepper
- salt and pepper

Utensils

- baking paper
 - Colander
 - grater
 - large frypan
 - medium saucepan
 - oven tray
 - paper towel
 - small saucepan
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Egg (3), Fish (4), Milk (7).
May contain traces of other allergens.

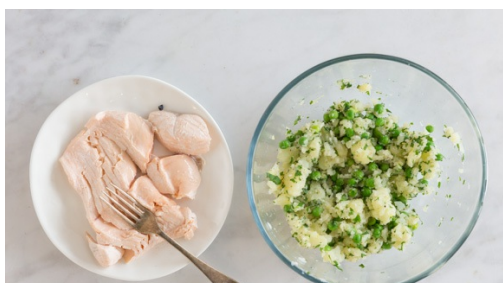
Nutrition per serving

Energy 585.0kcal, Fat 37.9g, Proteins 25.6g, Carbs 30.4g



1. Cook potatoes

Peel **potatoes** and place in a medium saucepan, cutting any larger potatoes in half. Cover with salted water and bring to the boil. Reduce heat to medium, then simmer for 12-15 mins until tender. Drain well, return to the pan with the **peas** and crush with a fork. Set aside to cool.



4. Prepare mixture

Add the **lemon zest, parsley** and **salt and pepper** to the cooled potatoes and peas and mix to combine. Flake the **salmon** into large chunks and fold gently into the **potato mixture**.



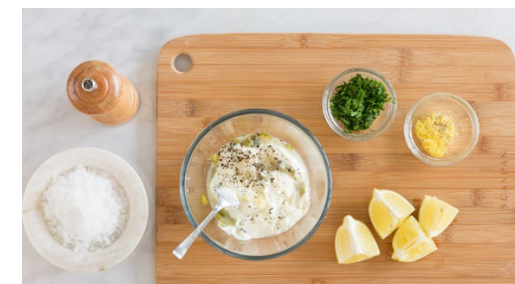
2. Poach fish

Meanwhile, place the **salmon** in a small saucepan with 250ml (1 cup) **milk, kaffir lime leaf** and 3 **peppercorns** over medium-low heat. Heat until just beginning to simmer then turn off the heat, flip fish and cover. Set aside for 5-6 mins until just cooked. Remove the salmon from the poaching liquid, discarding the milk, lime leaf and peppercorns.



5. Make fishcakes

Preheat oven to 200C. Line an oven tray with baking paper. Shape **potato mixture** into 4 patties and lightly coat with the **panko breadcrumbs**, shaking off any excess.



3. Prepare ingredients

Finely zest the **lemon** and juice half of the lemon into a bowl (you will need 2 tbs). Cut the remaining lemon half into wedges. Finely chop the **parsley**. Coarsely chop the **capers** and **cornichons** and combine in a bowl with the **aioli** and **lemon juice**. Season with **salt and pepper**.



6. Cook fishcakes

Heat 1 tbs **oil** in a large, non-stick frypan over medium heat. Cook **fishcakes** for 5 mins each side or until golden. Transfer to oven tray and bake for 5 mins or until heated through. Drain on paper towel. Arrange **salad leaves** on serving plates. Serve with the **fishcakes, lemon wedges** and a dollop of **homemade tartare sauce**.