

Webfid00302hero salmonfishcakes 123

Salmon Fishcakes with Potat...

and Buttered Veggies



30-40min



4 Portions

Fancy switching up fish and chips night? We've given the old-school favourite - fishcakes - a little spin, with beautiful fresh poached salmon, light panko breadcrumbs and subtle flavourings to please the whole family. Served with easy wedges and moreish buttered veggies, it's a guilt-free winner to satisfy those takeaway cravings!

What we send

- panko breadcrumbs ¹
- parsley and 2 garlic cloves
- red onion
- salmon fillet, skin off ⁴
- lemon
- chat potatoes
- broccoli
- green beans
- carrot

What you'll require

- butter ⁷
- egg ³
- olive oil
- salt and pepper

Utensils

- baking paper
- Kettle
- large frypan
- large saucepan
- large sieve or colander
- oven trays
- paper towel
- 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 725.0kcal, Fat 34.2g, Proteins 38.4g, Carbs 58.0g



1. Roast wedges

Bring a kettle of **water** to the boil. Bring a large saucepan of **salted water** to the boil for the vegetables. Preheat oven to 220C. Line an oven tray with baking paper. Wash and pat dry **potatoes**, then cut into thin wedges. Drizzle with 1 tbs **oil**, season with **sea salt**, if desired, then bake for 25-30 mins until golden and tender.



4. Cook fishcakes

Heat 1-2 tbs **oil** in the same frypan over medium heat. Cook the **fishcakes** for 3-4 mins each side until golden brown. Keep warm in oven while cooking remaining fishcakes.



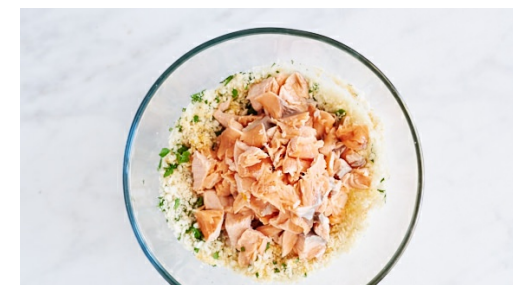
2. Poach fish

Meanwhile, cut **salmon** into 2cm cubes and place in a medium heatproof bowl. Cover with boiling water. Cover bowl and set aside for 6-8 mins to poach. Finely chop the **onion** and **garlic**. Heat 1 tbs **oil** in a large frypan over medium heat. Cook the **onion** and **garlic** for 3-4 mins until softened. Finely chop the **parsley** leaves and stems.



5. Prepare vegetables

meanwhile, cut **carrots** into batons. Trim ends of **beans** and cut in half. Cut **broccoli** into small florets.



3. Make fishcakes

Drain **fish**. Dry bowl with paper towel. Add 1 **egg** and lightly beat with a fork. Add **onion, garlic, breadcrumbs** and **parsley**. Flake salmon into the bowl. Season with **sea salt and pepper** and gently mix to combine. Form ½ cup of mixture into a patty about 2cm thick. Repeat to make 8 fishcakes.



6. Cook vegetables

Cook **carrots** in the pan of boiling water for 3 mins. Add **beans** and **broccoli** and cook for a further 2-3 mins until vegetables are tender. Drain. Melt 20g **butter** in the pan over low heat. Return vegetables to the pan and toss to coat. Cut the **lemon** into wedges. Divide wedges, buttered vegetables and **fishcakes** between plates and serve with the lemon wedges.