



Cooking Made Easy

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Old Bay-Spiced Salmon & Sweet Potato Cakes

with Tomato-Arugula Salad



Inspired by Maryland crab cakes, this recipe calls on everyone's favorite Old Bay seasoning for serious flavor. Creamy sweet potato binds together flaky salmon, sautéed aromatics, and light panko breadcrumbs for tender pan-seared salmon cakes.



Salmon Fillets



Sweet Potato



Old Bay



Dried Thyme



Panko



Red Onion



Arugula



Celery



Grape Tomatoes



Lemon

Ingredients		2 People	4 People
Salmon Fillets	1)	2 fillets	4 fillets
Sweet Potato		1	2
Old Bay		1 t	2 t
Panko	2)	½ C	1 C
Red Onion		1	2
Lemon		1	2
Grape Tomatoes		1 bunch	2 bunches
Arugula		2 oz	4 oz
Celery		1 stalk	2 stalks
Dried Thyme		1 t	2 t
Olive Oil*		2 T	4 T

*Not Included

Allergens

- 1) Fish
- 2) Wheat

Tools

Medium Pot, Large Pan, Medium Bowl

Ruler

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Nutrition per person Calories: 734 cal | Carbs: 25 g | Fat: 30 g | Protein: 41 g | Fiber: 10 g



1 Bring a medium pot of **water** to a boil with a large pinch of **salt**. Peel the **sweet potato**, then dice into ½-inch pieces. Once boiling, add the sweet potato to the pot and cook for about 12 minutes, until fork-tender.



2 Meanwhile, halve, peel, and finely dice the **red onion**. Finely dice the **celery**. Halve the **lemon**. Heat 1 tablespoon **olive oil** in a large pan over medium heat. Add the onion and celery and cook, tossing, for 5 minutes, until softened. Season with **salt** and **pepper**, then transfer to a medium bowl to cool.



3 When the **sweet potatoes** are tender, remove from the pot with a slotted spoon and set aside with the onions and celery. Reduce heat to a low simmer, then add the **salmon** to the water and cook until flakey and opaque, 7-8 minutes. Remove from water and set aside to cool.

4 With a fork or potato masher, thoroughly mash the **sweet potato**. Then, mix in the **onion, celery, thyme, panko,** and **Old Bay** (to taste). Using a fork, flake the **salmon** into small pieces and mix into the **sweet potato mixture**. Taste and season with **salt** and **pepper**.

5 Form **salmon mixture** into 8 small patties. Heat 1 tablespoon **olive oil** in the same pan you cooked the onion mixture over medium-high heat. Add the **salmon patties** and cook 2-3 minutes per side, until golden brown

6 Meanwhile, halve the **tomatoes** and toss in a medium bowl with the **arugula,** 1 tablespoon **olive oil,** a squeeze of **lemon,** and a pinch of **salt** and **pepper**.

7 Plate a bed of **arugula salad** and top with the **salmon and sweet potato cakes**. Finish with a squeeze of **lemon** and enjoy!