



JUL  
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## Old Bay-Spiced Trout & Sweet Potato Cakes

with Tomato Salad

Inspired by East coast crab cakes, this recipe calls on everyone's favourite Old Bay seasoning for serious flavour. Creamy sweet potato binds together flaky fish, sautéed aromatics and light panko breadcrumbs for tender pan-seared fish cakes.



Prep  
35 min



level 2



dairy  
free



Rainbow Trout  
Fillets



Sweet Potato



Old Bay Seasoning



Dried Thyme



Panko



Red Onion



Spring Mix



Celery



Grape Tomatoes



Lemon

## Ingredients

Rainbow Trout Fillets	1)	4
Sweet Potato, cubed		1 pkg
Old Bay Seasoning	2)	1 pkg
Panko Breadcrumbs	3)	1 pkg
Red Onion, chopped		1 pkg
Lemon		1
Grape Tomatoes		1 pkg
Spring Mix		1 pkg
Celery, chopped		1 pkg
Dried Thyme		1 pkg
Olive or Canola Oil*		

## 4 People

\*Not Included

## Allergens

- 1) Fish/Poisson
- 2) Mustard/Moutarde
- 3) Wheat/Blé

## Tools

Medium Pot, Large Pan, 2 Medium Bowls, Slotted Spoon, Potato Masher

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

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ruler

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**1 Cook the sweet potatoes:** Bring a medium pot of **salted water** to a boil. **Wash and dry all produce.** Once boiling, add the **sweet potato** to the pot and cook until fork-tender, 10-12 minutes.

**2** Meanwhile, halve the **lemon**. Heat a drizzle of **oil** in a large pan over medium heat. Add the **onion** and **celery** and cook, tossing, for 5 minutes, until softened. Transfer to a medium bowl to cool.



**3 Cook the fish:** When the **sweet potatoes** are tender, remove from the pot with a slotted spoon and set aside in another medium bowl. Reduce heat to a very low simmer, then add the **trout** to the water and cook until flakey and opaque, 7-8 minutes. Remove from water and set aside to cool.

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



**5** Form **trout mixture** into 10-12 small patties. Heat a drizzle of **oil** in the same pan you cooked the **onion mixture** over medium-high heat. Add the **patties** and cook 2-3 minutes per side, until golden brown.



**6** Meanwhile, halve the **tomatoes** and toss in a medium bowl with the **spring mix**, a drizzle of **oil**, a squeeze of **lemon** and a pinch of **salt** and **pepper**.

**7 Finish and serve:** Plate a bed of **tomato salad** and top with the **trout and sweet potato cakes**. Finish with a squeeze of **lemon** and enjoy!

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