



SALMON CAKES

with Roasted Sweet Potatoes and Tomato Salad

PRONTO



HELLO SALMON CAKES

Make a restaurant-worthy meal in your own kitchen

PREP: 15 MIN | TOTAL: 30 MIN | CALORIES: 704



Salmon Fillets, skinless



Sweet Potato, cubes



Chives



Panko Breadcrumbs



Shallot



Lemon



Grape Tomatoes



Spring Mix



Celery, sliced



Mayonnaise



Greek Yogurt

BUST OUT

- Baking Sheet
- Whisk
- Grater
- Zester
- Large Bowl
- Paper Towel
- Large Non-Stick Pan
- Sugar (1/2 tsp | 1 tsp)
- Measuring Spoons
- Salt and Pepper
- Medium Bowl
- Olive or Canola oil
- Small Bowl

INGREDIENTS

2-person | 4-person

- Salmon Fillets, skinless **0** 227 g | 454 g
- Sweet Potato, cubes 340 g | 680 g
- Chives 10 g | 10 g
- Panko Breadcrumbs **1** 1/2 cup | 1 cup
- Shallot 50 g | 50 g
- Lemon 1 | 1
- Grape Tomatoes 113 g | 227 g
- Spring Mix 56 g | 113 g
- Celery, sliced 56 g | 113 g
- Mayonnaise **3,9** 2 tbsp | 4 tbsp
- Greek Yogurt **2** 100 g | 200 g

ALLERGENS | ALLERGÈNES

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

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0** Seafood/Fruit de Mer
- 6** Mustard/Moutarde
- 1** Wheat/Blé
- 7** Peanut/Cacahuète
- 2** Milk/Lait
- 8** Sesame/Sésame
- 3** Egg/Oeuf
- 9** Sulphites/Sulfites
- 4** Soy/Soja
- 10** Crustacean/Crustacé
- 5** Tree Nut/Noix
- 11** Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.

**Cuire jusqu'à une température interne minimale de 70°C/158°F.



START STRONG

Preheat the oven to **425°F** (to roast the sweet potatoes). Start prepping when the oven comes up to temperature! In Step 2, be cautious when grating the shallot. Finely chop any ungrated pieces of shallot, instead of trying to grate any difficult bits.



1 ROAST POTATOES

Wash and dry all produce.* On a baking sheet, toss the **sweet potatoes** with **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Roast in the middle of the oven, stirring halfway through cooking, until golden-brown and tender, 22-23 min.



4 PAN-FRY CAKES

Heat a large non-stick pan over medium heat. When the pan is hot, add **1 tbsp oil**, then **4 patties**. Cook until bottoms of **patties** are golden, 2-3 min. Flip each **patty**, then add another **1 tbsp oil** to the pan. Pan-fry until bottom is golden and **patties** are cooked through, 2-3 min per side. (**TIP:** Cook to a min. internal temp of 70°C/158°F, as size may vary.**) (**NOTE:** Cook the patties in two batches for 4 ppl, using 1 tbsp oil for each batch.)



2 PREP

Meanwhile, cut in half. Zest, then juice **half the lemon** (1 lemon for 4 ppl). Cut any **remaining lemon** into wedges. Finely chop **chives**. Grate the **shallot**. Roughly chop **celery** into 1/8-inch pieces. Pat **salmon fillets** dry with paper towels, then cut into 1/8-inch cubes. (**TIP:** The smaller the salmon and celery pieces the better — this will help bind ingredients together.)



5 MAKE SALAD

Meanwhile, in a small bowl, combine the **yogurt**, **remaining chives** and **1/2 tbsp lemon juice** (dbl for 4 ppl). Season with **salt** and **pepper**. Set aside. In a medium bowl, whisk together **1/2 tbsp lemon juice** (dbl for 4 ppl), **1/2 tsp sugar** (dbl for 4 ppl) and **1 tbsp oil** (dbl for 4 ppl). Season with **salt** and **pepper**. Toss in the **spring mix** and **tomatoes**.



3 PREP CAKES

In a large bowl, combine the **salmon**, **panko**, **1/2 tbsp chives** (dbl for 4 ppl), **lemon zest**, **mayo**, **shallot** and **celery**. Season with **1/2 tsp salt** (dbl for 4 ppl) and **pepper**. Stir to combine. Using your hands, firmly press together and shape the **salmon mixture** into **four equal patties** (8 patties for 4 ppl), each about 1/2-inch thick.



6 FINISH AND SERVE

Divide the **fish cakes** between plates. Serve alongside the **roasted sweet potatoes** and **tomato salad**. Dollop the **yogurt mixture** over the **fish cakes**. Squeeze over a **lemon wedge**, if desired.

HEARTY!

Get a dose of omega-3s with this easy dinner.