

# Spiced Fish Cakes

with crunchy side salad and sweet chilli drizzle

Calorie Smart 40 – 45 mins

11



Salmon



Sweet Potato



Garlic



Breadcrumbs



Curry Powder



Dried Chilli Flakes



Lemon



Carrot



Salad Leaves



Tomato



Mayo

Pantry Items: Oil, Water, Salt, Pepper, Sugar, Flour



Rate your recipe!



## Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

## Cooking tools you will need

Colander, grater, potato masher, zester

## Ingredients

	2P	4P
Salmon	200 g	400 g
Sweet Potato	1 unit	2 units
Garlic	1 unit	2 units
Breadcrumbs	1 pack	1 pack
Curry Powder	2 sachets	4 sachets
Dried Chilli Flakes	1 sachet	2 sachets
Lemon	1 unit	2 units
Carrot	1 unit	2 units
Salad Leaves	40 g	80 g
Tomato	2 units	4 units
Mayo	2 sachets	4 sachets

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredients</b>	<b>484.5 g</b>	<b>100 g</b>
Energy (kJ/kcal)	2200.8 kJ/ 526 kcal	454kJ/ 109 kcal
Fat (g)	24 g	4.9 g
Sat. Fat (g)	3.6 g	0.7 g
Carbohydrate (g)	54.6 g	11.3 g
Sugars (g)	14.3 g	2.9 g
Protein (g)	26.5 g	5.5 g
Salt (g)	0.7 g	0.1 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

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### Soften the Sweet Potato

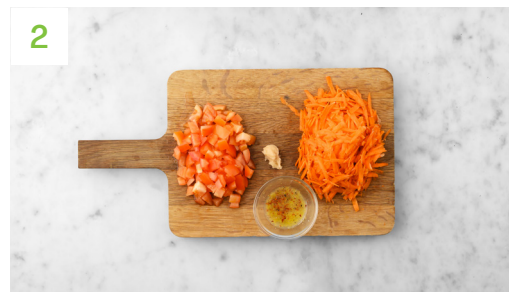
- Boil a large pot of **salted water**.
- Cut the **sweet potato** into 2cm chunks (peeling optional).
- Remove the skin from the **fish**. **IMPORTANT:** Wash hands and equipment after handling raw fish.
- Cook the **potatoes** in the boiling **water** until fork tender, 15-20 mins.
- Once **potatoes** are done, add the **fish**. Simmer until cooked through, 4-5 mins. **IMPORTANT:** Fish is cooked when opaque in the middle.

**TIP:** If you're in a hurry you can boil the water in your kettle.



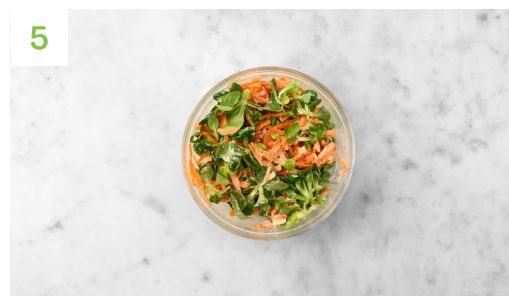
### Fry the Fish Cakes

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **fish** cakes until golden, 4-5 mins.
- Turn over and cook on the other side for a further 4-5 mins.



### Make the Sweet Chilli Drizzle

- While the **sweet potato** cooks, peel and grate the **garlic** (or use a garlic press).
- Trim the **carrot** then coarsely grate (no need to peel).
- Chop the **tomatoes** into 1cm pieces.
- Zest and then juice the **lemon**.
- To make your sweet chilli drizzle, mix together 1 tsp **sugar** (double for 4p), **lemon** zest, **lemon** juice and **chilli flakes** (use less if you don't like spice). Season to taste with **salt** and **pepper**.



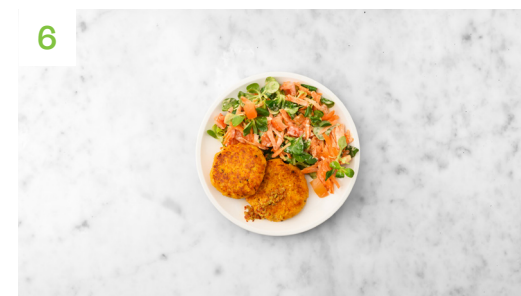
### Make the Salad

- Meanwhile, in a large bowl for the salad, mix together the **mayo**, a pinch of **salt** and **pepper** and 2 tsp **oil** (double for 4p).
- Just before serving, toss the grated **carrot**, **tomato** and **salad leaves** through the dressing.
- Season to taste with **salt** and **pepper**.



### Form the Fish Cakes

- Once the **sweet potato** and **salmon** are cooked, drain in a colander and return to the pot, off the heat.
- Mash the **salmon** and **sweet potato** together until smooth.
- Add the **garlic**, **curry powder** and **breadcrumbs** to the mash (add a teaspoon of **flour** if the mixture is too wet).
- Season with ½ tsp **salt** and ½ tsp **pepper** (double both for 4p).
- Mix until everything is combined. Roll into evenly-sized balls then shape into 2cm thick patties, two per person.



### Finish and Serve

- Divide the tasty spiced **fish** cakes between plates and serve with the sweet chilli drizzle.
- Plate the crunchy salad alongside.

Enjoy!