



Cooking Made Easy

HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

Scrummy Salmon and Prawn Fish Cakes with Corn on the Cob and Tenderstem Broccoli

These fish cakes are not ideal for birthday cake candles, but perfectly splendid for dinner. Any meal that involves the kids getting yucky, sticky hands is bound to be a big hit, and they can make 'their' fishcake as big or as small as they like. You can enjoy a glass of chilled white wine with yours as a relaxing reward after all the fun and games! And just before you tackle the washing up....

50 min

family box

lactose free

gluten free



Potato (2)



Salmon Fillet (2)



King Prawns (120g)



Chives (5 tbsp)



Corn on the Cob (2)




Tenderstem Broccoli (200g)




Sweet Chilli Sauce (2 tbsp)

Ingredients

	2P	4P
Potato, chopped	-	2
Salmon Fillet 1	-	2
King Prawns 2	-	120g
Chives, chopped	-	5 tbsp
Corn on the Cob	-	2
Tenderstem Broccoli	-	200g
Sweet Chilli Sauce	-	2 tbsp

 May feature in another recipe

 Our produce comes fresh from the farm so give it a little wash before using

LH Step for little hands

Allergens

1) Fish | 2) Crustaceans

Nutrition per serving: Calories: 335 kcal | Protein: 27 g | Carbs: 37 g | Fat: 9 g | Saturated Fat: 1 g

2



1 Boil two large pots of water. Cut your potatoes into 2cm pieces (no need to peel - lots of nutrition in the skin!) and pop them in one of your pots of boiling water along with ½ tsp salt. Boil them for 10-12 mins, then drain and return to the empty pot. **Tip:** *The potatoes are ready when you can easily slip a knife through them.*

3



2 Meanwhile put the salmon in the other pot of boiling water and poach for 6 mins, until the fish flakes easily. When cooked, take the salmon out. **LH:** *Use two forks to break up the fish into flakes.*

4



3 Chop your prawns into pea-sized chunks. Put a pan on a medium heat with 1 tbsp of oil and fry the prawns with a pinch of salt and pepper for roughly 4 mins (or until they have just turned pink).

6



4 Now mash your drained potatoes and add the flaked salmon and the prawns to the pot. Chop the chives with scissors (keeping a few chives back for garnish) and add them to the mixture. Season with ½ tsp of salt and a couple grinds of pepper. **LH:** *Stir together until evenly mixed.* Leave to cool for 5 mins.

5 Put a pot of water on to boil with ½ tsp salt. Cut each corn on the cob into two and when the water is boiling, add to the pot and cook for 10 mins.

6 Make your hands slightly damp with a bit of water. **Tip:** *Damp hands prevent the mixture sticking to you so much.* **LH:** *Form the fishcake mixture into 8 equal sized patties.* Heat 3 tbsp of oil in a frying pan on medium heat. Once hot, fry the patties gently on one side for 4-5 mins before turning over to cook the other side, for another 4-5 mins. The fishcakes should now be browned and crisped on both sides. **Tip:** *Try to turn them only once or they may fall apart.*

7 After the corn has been cooking for 10 mins, add the broccoli to the pot on top of the corn and cook for another 2-3 mins. Drain and set aside. **Tip:** *If you want you can toss your veggies in a little butter (if you have it) as well as a sprinkling of salt and pepper.*

8 Now you're ready to plate up! Serve the fishcakes with the veggies and scatter the remaining chives over and tuck in! **Tip:** *Adults you've got some sweet chilli sauce as an optional extra here, it's delicious drizzled on top of your fishcakes!*

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!