



Hot Smoked Salmon Fishcakes

with Garlicky Green Beans and Soured Cream Sauce

CLASSIC 45 Minutes • 1 of your 5 a day

N° 4



Potatoes



Lemon



Spring Onion



Green Beans



Garlic Clove



Hot Smoked Salmon



Soured Cream



Panko Breadcrumbs

Before you start

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

Basic cooking tools, you will need:

Saucepan, Fine Grater (or Garlic Press), Mixing Bowl, Baking Tray and Frying Pan.

Ingredients

	2P	3P	4P
Potatoes**	1 small bag	1 large bag	2 small bags
Lemon**	½	1	1
Spring Onion**	2	3	4
Green Beans**	1 small pack	1 large pack	1 large pack
Garlic Clove**	1 clove	1 clove	2 cloves
Hot Smoked Salmon 4)**	1 small pack	1 large pack	2 small packs
Soured Cream 7)**	150g	225g	300g
Panko Breadcrumbs 13)	50g	75g	100g
Olive Oil for the Crumb*	1½ tbsp	2 tbsp	3 tbsp

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	498g	100g
Energy (kJ/kcal)	2738 /655	550 /132
Fat (g)	31	6
Sat. Fat (g)	12	2
Carbohydrate (g)	65	13
Sugars (g)	5	1
Protein (g)	28	6
Salt (g)	2.23	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

4) Fish 7) Milk 13) Gluten

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.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!

Packed in the UK



1. Cook Your Potatoes

Preheat your oven to 220°C. Put a large saucepan of **water** with ½ tsp salt on to boil for the potatoes. Chop the **potatoes** into 2cm chunks (no need to peel!). When boiling add the **potatoes** to the **water** and cook until you can easily slip a knife through, 15-20 mins. Meanwhile, zest and halve the **lemon**. Trim the **spring onions**, then slice thinly. Trim the **green beans**. Peel and grate the **garlic** (or use a garlic press).



4. Finish the Prep

Line a baking tray with parchment, put the **fishcakes** on a baking tray, drizzle with **oil** and bake on the top shelf of your oven till golden, 15-18 mins. Meanwhile, pop the remaining **soured cream** and remaining **spring onion** into a small bowl. Add a squeeze of **lemon juice**, season with **salt** and **pepper**, mix together and set aside. Cut any remaining **lemon** into wedges.



2. Mix!

Pop the **hot smoked salmon** in a bowl. Stir in the **lemon zest**, **half the spring onion**, **half the soured cream** and **half the breadcrumbs**. Season with **salt** and plenty of **pepper**.



5. Green Bean Time

About 5 mins before the **fishcakes** are done, heat a drizzle of **oil** in a medium frying pan over medium-high heat. Once hot, add the **green beans**. Stir fry the **beans** for 1-2 mins, then stir in the **garlic** and cook for 1 minute. Add a splash of **water** and cover with a lid (or some foil). Cook until tender, 2-3 mins.



3. Shape the Fishcakes

Pop the remaining **breadcrumbs** on a plate, mix with the **oil**. When the **potatoes** are drained, leave them to cool for a few minutes before adding to the bowl with the **salmon**. Season with **salt** and **pepper** and use a fork to mash everything together gently. Use your hands to start forming the **mixture** into two **fishcakes** per person. Lay the **cakes** in the **breadcrumbs** and turn to coat each side.



6. Serve!

Once the **fishcakes** are cooked, divide between plates and serve with the **garlicky green beans**, **soured cream sauce** and **lemon wedges** alongside.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.