



Thai Salmon Fishcakes

with Prawn and Mango Salsa

PREMIUM 40 Minutes • Very Hot! • 2.5 of your 5 a day

N° 13



Potato



Coriander



Lime



Hot Smoked Salmon



Sweet Chilli Sauce



Plain Flour



Thai Spice



Mango



Baby Plum Tomatoes



Red Chilli



Panko Breadcrumbs



Sugar Snap Peas



Garlic Clove



Salted Peanuts



King Prawns

Before you start

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

Basic cooking tools, you will need:

Saucepan, peeler, Colander, Fine Grater, Mixing Bowl, Baking Tray and Frying Pan.

Ingredients

	2P	3P	4P
Potato**	1 small pack	1 large pack	2 small packs
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Hot Smoked Salmon 4 **	150g	200g	300g
Sweet Chilli Sauce	1 sachet	1 sachet	2 sachets
Plain Flour 13	24g	32g	48g
Thai Spice 3	½ pot	1 pot	1 pot
Mango**	½	¾	1
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet
Red Chilli**	½	¾	1
Olive Oil for the Salsa*	2 tbsp	3 tbsp	4 tbsp
Panko Breadcrumbs 13	25g	50g	50g
Olive Oil for the Crumb*	1 tbsp	2 tbsp	2 tbsp
Sugar Snap Peas**	1 small pack	1 small pack	1 large pack
Garlic Clove**	1 clove	2 cloves	2 cloves
Salted Peanuts 1	1 small pot	1 large pot	2 small pots
King Prawns 5 **	120g	180g	240g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	531g	100g
Energy (kJ/kcal)	2734/654	515/123
Fat (g)	26	5
Sat. Fat (g)	5	1
Carbohydrate (g)	71	13
Sugars (g)	17	3
Protein (g)	39	7
Salt (g)	3.15	0.59

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **3)** Sesame **4)** Fish **5)** Crustaceans **13)** Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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.



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1. Cook the Potatoes

Preheat your oven to 220°C. Bring a large saucepan of **water** with ½ tsp of **salt** to the boil. Peel the **potatoes**, chop into 2cm chunks and add to the pan. Boil until you can easily slip a knife through them, 12-15 mins, then drain in a colander and allow to steam dry.



4. Make the Cakes

Next, pop the **breadcrumbs** on a plate, drizzle over the **olive oil** (see ingredients for amount) and mix to coat the crumbs thoroughly. Once you've drained the **potatoes**, leave them to cool for a few minutes then add into the bowl with the **salmon**. Use a fork or masher to mash everything together, then use your hands to form the mixture into 2 **fishcakes** per person. Lay the **cakes** in the **breadcrumbs** and turn carefully to coat each side. Gently press the **breadcrumbs** into the **cake** so that they stick.



2. Get Chopping

In the meantime, roughly chop the **coriander** (stalks and all). Zest the **lime** then chop in half. Pop the **hot smoked salmon** in a bowl. Add the **sweet chilli sauce**, **flour**, **lime zest**, **Thai spice** (careful, it's hot! Don't use it all if you're not a fan of spice) and **half** the **coriander**. Season with **salt** and **pepper**, then mix together with your hands or a spoon until well combined. Set aside.



5. Make the Salsa

Put the **fishcakes** onto a lightly oiled baking tray and drizzle a little **oil** on top. Bake on the top shelf of your oven until golden, 20-25 mins. Meanwhile, halve the **sugar snap peas** lengthways. Peel and grate the **garlic** (or use a garlic press). Roughly chop the **peanuts** into small pieces. Add the **peanuts** to the **mango** and **tomato** bowl.



3. Make the Salad

Using a peeler, peel the **mango** then stand upright on your chopping board. Slice down either side of the stone to give you 2 'cheeks'. Slice any remaining flesh from the stone, then thinly slice the **mango** widthways. Discard the stone. Halve the **tomatoes**. Halve the **chilli** lengthways, deseed then finely chop. Squeeze the **lime juice** into a medium-sized bowl. Add the **olive oil** (see ingredients for amount) a small pinch of **chilli** and the remaining **coriander**. Season with **salt** and **pepper** and mix together. Pop the **mango** and **tomatoes** into the bowl, mix again and set aside.



6. Serve

When the **fishcakes** have 5 mins cooking time left, heat a drizzle of **oil** in a frying pan on medium high heat. Once hot, add the **sugar snaps** and **prawns** and stir fry until the **prawns** are cooked, 3-4 mins. Add the **garlic** and cook for 1 minute more. **IMPORTANT:** The **prawns** are cooked when **pink on the outside and opaque in the middle**. Spoon the **sugar snaps** and **prawns** into the bowl with the **salsa** and toss everything together. Once the **fishcakes** are cooked pop them on your plates and serve with the **prawn and mango salsa**.

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.