

Salmon Fishcakes, Fried Eggs and Green Bean Salad

hellóchef

Soft in the middle with a crunchy coating... it's fish fingers in disguise!

Cals 750 • Prot 56 • Carbs 75 • Fat 27

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🕒 cook: 50 min

R2312



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Fish cakes	2 ppl	3 ppl	4 ppl	
Salmon goujons 6*	200	350	400	Grams
Smoked Salmon Slices 6*	100	200	200	Grams
Fresh parsley	15	15	15	Grams
Potatoes	300	450	600	Grams
Butter 4*	20	30	50	Grams
Salt	1	1	2	Tsp
Plain flour 10*, 11*	50	100	100	Grams
Organic Eggs 5*	1	2	2	Piece
Panko bread crumbs 10*, 11*, 12*	90	120	180	Grams
Vegetable oil	2	3	4	Tbsp
Black pepper	0.5	0.5	1	Tsp
Salad				
Green beans	150	250	250	Grams
Green peas	100	200	200	Grams
Spring onion	40	60	80	Grams
Lemon	1	1	1	Piece
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	1	Tsp
Fried eggs				
Vegetable oil	1	2	2	Tbsp
Organic Eggs 5*	2	3	4	Piece

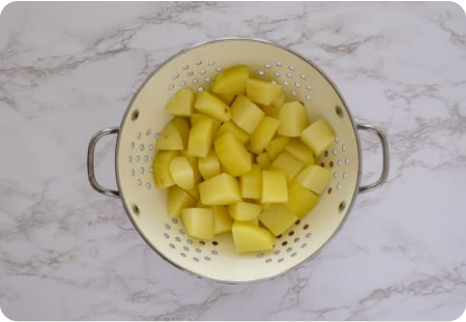
Allergens

*6 Fish, *4 Milk, *10 Wheat, *11 Gluten, *5 Eggs, *12 Lupin

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

Nutritional information	Per Serving*
Energy (kJ/kcal)	3137 / 750
Fat (g)	26.6
of which saturates (g)	13
Carbohydrate (g)	75
of which sugars (g)	6.6
Fiber (g)	10.4
Protein (g)	55.8
Salt (g)	1.2

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Cook potatoes

Peel and chop the **potatoes**. Add them to a pot of salted boiling water. Cook the **potatoes** for 15 min until soft. Drain the **potatoes**, return them to the pan with the **butter** and **salt** and mash until smooth.

Tip! Boil the potatoes until they're almost falling apart. Mash them well to ensure there are no lumps.



2 Fry salmon

Meanwhile, roughly chop the **smoked salmon** and **parsley** leaves. Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **salmon** with a pinch of **salt** and **pepper**. Fry for 2-3 min or until cooked through. Once cooked, flake the **salmon** with a fork. Transfer **salmon** to a bowl or plate, wipe the pan and reserve it.



3 Make cakes

Once the **potatoes** are cooked, gently fold in the flaked **salmon**, **smoked salmon** and **parsley**. Shape the mixture into (6/9/12) patties. Add the **flour**, **eggs** and **panko bread crumbs** to three separate bowls. Whisk (1/2/2) of the **eggs** and season with **salt**. Season the **flour** with **salt** and **pepper**. Turn the patties in the seasoned **flour**, then dip them in the beaten **eggs** and finally coat them in the **panko bread crumbs**.

Tip! Freeze your fishcakes for 30 minutes before breading - this will make them firm up nicely.



4 Fry cakes

Heat a non-stick pan over a medium heat with a drizzle of **vegetable oil**. Cook the patties for 6 min on each side or until golden brown.

Tip! Handle the patties carefully and don't flip them until they have browned on the under side.



5 Cook veg

Meanwhile, trim and chop the **green beans**. Cook the **beans** and **peas** in a pot of salted boiling water for 3 min until tender. Drain. Meanwhile, trim and slice the **spring onion**. Add (1/1/2) tbsp of **lemon** juice to a bowl with the **olive oil**, **salt** and **pepper**. Whisk until combined. Toss the drained **peas**, **beans** and **spring onion** in the dressing.

Tip! Simply serve the peas and beans with butter if you're cooking for kids.



6 Fry eggs

Heat a second pan with a drizzle of **oil** over a medium heat. Once hot, crack the remaining **eggs** into the pan and fry for 2-4 min or until done to your liking. Serve the **fishcakes** over the **green bean salad**, with a **fried egg** on top.