

Cod and Potato Cakes with Lemon Mayo and Crunchy Salad

hellóchef

This one's a pub classic.

Cals 906 • Prot 55 • Carbs 74 • Fat 47

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 60 min

R2522



Before you start

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

Ingredients

Fishcakes	2 ppl	3 ppl	4 ppl	
Cod fillet 6*	350	525	700	Grams
Potatoes	450	600	900	Grams
Shallots	1	2	3	Pieces
Olive oil	3	4	5	Tbsp
Butter 4*	20	30	50	Grams
Organic Eggs 5*	1	2	2	Pieces
Parmesan 4*	30	45	60	Grams
Salt	0.5	1	1	Tsp
Black pepper	0.5	1	1	Tsp
Panko bread crumbs 10*, 11*, 12*	60	90	120	Grams
Lemon mayonnaise				
Lemon	1	1	2	Pieces
Mayonnaise 5*, 9*, 13*	75	75	100	Grams
Vegetables				
Carrot	1	2	2	Pieces
Cucumber	1	2	2	Pieces
Red radish	125	125	125	Grams
Romaine lettuce	200	300	400	Grams
White balsamic vinegar 14*	15	22	30	ML
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
Black pepper	0.5	0.5	0.5	Tsp

Allergens

***6 Fish, *4 Milk, *5 Eggs, *10 Wheat, *11 Gluten, *12 Lupin, *9 Soya, *13 Mustard, *14 Sulphur Dioxide**

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)	3789 / 906
Fat (g)	46.6
of which saturates (g)	15.4
Carbohydrate (g)	74
of which sugars (g)	16.1
Fiber (g)	14.9
Protein (g)	55.2
Salt (g)	2.2

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



1 Boil potatoes

Peel the **potatoes** and chop them into bite-size pieces. Cook them in a pot of salted boiling water for 12-15 min or until tender. Once cooked, drain and leave them to steam dry in a colander.



2 Prep and fry

Meanwhile, cube the **cod fillets**. Peel and chop the **shallots**. Heat a non-stick pan over a medium-low heat with a drizzle of **olive oil**. Once hot, add the **shallots** and **cod** with a pinch of **salt** and cook for 5-6 min. Flake the **cod**.



3 Make fishcake batter

Mash the cooled **potatoes**. Add the **shallots, cod, butter, eggs**, grated **Parmesan, salt, pepper** and {3/5/6} Tbsp of **panko bread crumbs** to the **potatoes**. With clean hands, knead until combined. Divide the mixture into {12/18/24} and shape each piece into a patty. Place in the fridge to firm up.



4 Make lemon mayonnaise

Meanwhile, wash the **lemon** thoroughly and grate its zest with a fine blade, taking care to avoid its bitter **white** pith. Juice the **lemons**. Combine the **mayonnaise** with {0.5/0.75/1} tsp of the **lemon** zest and {1/1.5/2} Tbsp of **lemon** juice (save some **lemon** juice for the salad dressing). Mix well and set aside.



5 Make side salad

Peel the **carrot**, then continue peeling it until you are left with a pile of **carrot** ribbons. Chop the **cucumber**. Rinse and finely slice the **red** radishes. Wash and chop the **lettuce**. Toss the vegetables in {1/1.5/2} Tbsp of **lemon** juice, the **white balsamic vinegar, olive oil, salt** and **pepper**.



6 Form, coat and fry

Coat the fish cakes in the remaining **bread crumbs**. Heat a generous amount of **oil** in a pan over a medium heat. Fry the fish cakes, in batches, for 3 min on every side until crispy and golden. Serve with the **lemon mayonnaise** and salad to the side.