

Pan-fried Salmon with Zucchini and Corn Fritters

hellóchef

Pan-fried salmon paired with homemade fritters and a delicious dressing. Enjoy!

Cals 743 • Prot 50 • Carbs 36 • Fat 47

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🕒 cook: 20 min

R3420



Before you start

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

Ingredients

Salmon	2 ppl	3 ppl	4 ppl	
Skin-on salmon fillet 6*	350	525	700	Grams
Vegetable oil	1	1	2	Tbsp
Salt	0.5	0.5	1	Tsp
Fritters				
Spring onion	40	40	80	Grams
Sweet corn kernels	122	122	244	Grams
Small zucchini	1	1	2	Piece
Almond flour 1*, 2*	40	40	80	Grams
Organic Eggs 5*	2	2	4	Piece
Smoked paprika powder	2	2	4	Grams
Salt	0.5	0.5	1	Tsp
Vegetable oil	1	1	2	Tbsp
To serve				
Sweet chilli sauce	40	60	80	ML
Lime	1	1	2	Piece
Sour cream 4*	60	90	120	Grams
Rocket	20	20	40	Grams

Allergens

*6 Fish, *1 Peanuts, *2 Tree Nuts, *5 Eggs, *4 Milk

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)	3108 / 743
Fat (g)	47.1
of which saturates (g)	11.4
Carbohydrate (g)	36
of which sugars (g)	15.2
Fiber (g)	5.8
Protein (g)	49.9
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 Make dressing

In a small bowl, combine the **sweet chilli sauce** with the **lime** juice. Refrigerate.



2 Make batter

Trim and finely chop the **spring onion**. Drain the **corn**. Grate the **zucchini**. Squeeze the **zucchini** with your hands to remove any excess moisture. Add the **zucchini** to a bowl with the drained **corn**, **spring onion**, **almond flour**, **egg**, **paprika**, and **salt**.



3 Fry fritters

Heat a large non-stick pan over a medium heat with a drizzle of **oil**. Once hot, scoop 1 heaped tbsp of the **batter** into the pan. Gently flatten the mixture into a flat circular shape. Repeat until the mixture runs out. Fry the **fritters** for 3 min on each side or until golden brown and crispy on both sides (avoid over-crowding the pan, use multiple pans or fry in batches!).



4 Fry salmon

Meanwhile, portion the **salmon**. Heat a second pan over a medium-high heat with a drizzle of **oil**. Once hot, add the **salmon fillets** and cook for 3-4 min on either side until cooked through.



5 Serve

Serve the **fritters** alongside the **salmon** and **sour cream**. Drizzle with the **sweet chilli dressing**. Garnish with the **rocket**.