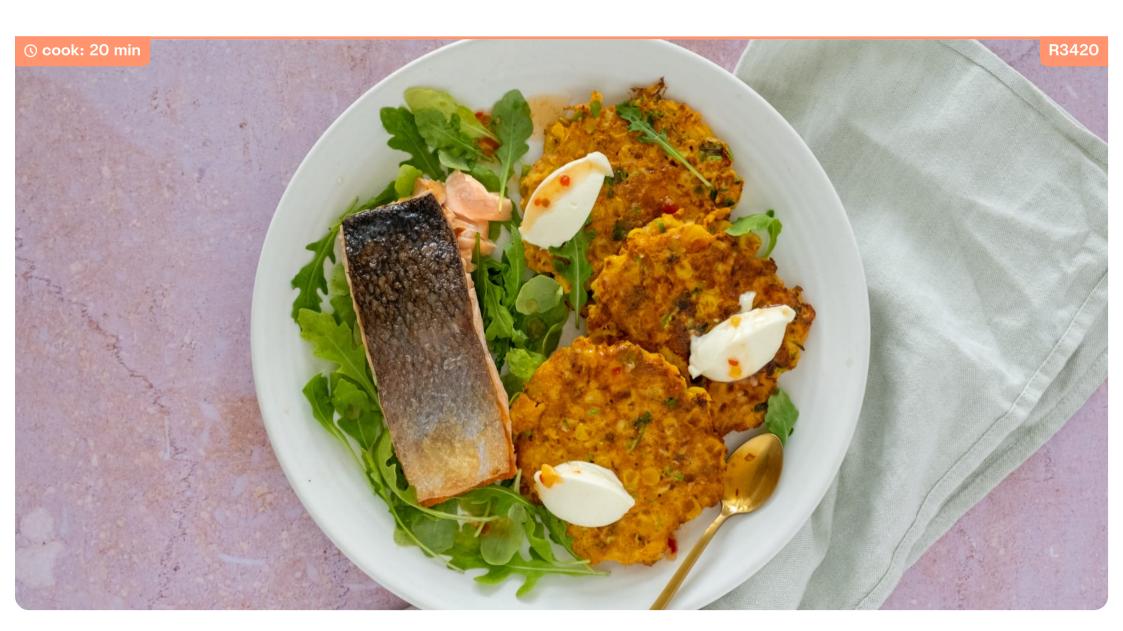
Pan-fried Salmon with Zucchini and Corn Fritters

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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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 the spot 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**.