

Pan-fried Salmon with Zucchini and Corn Fritters

hellóchef

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

Cals 758 • Prot 54 • Carbs 33 • Fat 43

Quick & Easy • Low-Carb

🕒 20 min

R1



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	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	145	145	290	Grams
Small zucchini	1	1	2	Piece
Almond flour	40	40	80	Grams
Eggs	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	60	90	120	Grams
Rocket	20	20	40	Grams

Allergens

May contain the following items and their products: crustaceans, peanuts, soybeans, tree nuts, sesame seeds, fish, eggs, milk, gluten, celery, mustard, sulphur dioxide and sulphites.



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**.



Share your delicious creations with us using [@hellochef](#) on Instagram & Tiktok!
hellochef.com • 04-383-93-99
hello@hellochef.com

Pro Tip

Cook your salmon for a couple of minutes less for a medium finish. Keeping it slightly pink inside will ensure it doesn't dry out.

Tips For Fussy Eaters

Rocket can taste bitter to sensitive palates. Why not swap it for little gem or iceberg lettuce?