



SALMON CAKES

with Roasted Sweet Potatoes and Tomato Salad

MAKE FIRST



HELLO SALMON CAKES

Not your average fish and chips meal

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 642



Salmon Fillets, skinless



Sweet Potato, cubed



Grape Tomatoes



Lemon



Panko Breadcrumbs



Chives



Mayonnaise



Red Onion, chopped



Celery, chopped



Spring Mix

BUST OUT

- Baking Sheet
- Zester
- Measuring Spoons
- Large Bowl
- Large Non-Stick Pan
- Medium Bowl
- Whisk
- Salt
- Pepper
- Olive or Canola oil

INGREDIENTS

4-person

- Salmon Fillets **0** 2 pkg (454 g)
- Sweet Potato, cubed 1 pkg (680 g)
- Grape Tomatoes 1 pkg (225 g)
- Lemon 1
- Panko Breadcrumbs **1** 1 pkg (1 cup)
- Chives 1 pkg (10 g)
- Mayonnaise **3** 12 pkg (1/3 cup)
- Red Onion, chopped 1 pkg (56 g)
- Celery, chopped 1 pkg (85 g)
- Spring Mix 1 pkg (113 g)

ALLERGENS

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

- 0** Seafood/Fruit de Mer
- 1** Wheat/Blé
- 2** Milk/Lait
- 3** Egg/Oeuf
- 4** Soy/Soja
- 5** Tree Nut/Noix
- 6** Mustard/Moutarde
- 7** Peanut/Cacahuète
- 8** Sesame/Sésame
- 9** Sulphites/Sulfites

START STRONG

Preheat the oven to **425°F** (to roast the sweet potatoes). Start prepping when the oven comes up to temperature!



1 ROAST POTATOES

Wash and dry all produce. Toss the sweet potatoes on a baking sheet with a drizzle of oil. Season with salt and pepper. Bake in the centre of the oven, stirring halfway through cooking, until golden-brown, 22-23 min.



2 PREP

Meanwhile, cut the tomatoes in half. Zest, then juice the lemon. Finely chop the chives. Chop the fish fillets into 1/4-inch cubes.



3 PREP CAKES

In a large bowl, combine the fish, panko, 1 tbsp chives, lemon zest, mayonnaise, onion and celery. Season with salt and pepper. Stir to combine, then shape into 12 small patties, about 1/2-inch thick.



4 FRY CAKES

Heat a large non-stick pan over medium-high heat. Add a drizzle of oil, then the patties. Cook until the patties are golden-brown and cooked through, 4-5 min per side.



5 MAKE SALAD

Meanwhile, in a medium bowl, whisk 2 tbsp lemon juice with a drizzle of oil. Season with salt and pepper. Toss in the spring mix and tomatoes.



6 FINISH AND SERVE

Divide the fish cakes between plates. Serve alongside the roasted sweet potatoes and tomato salad. Sprinkle over any remaining chives.

HEARTY!

Get a dose of heart-healthy omega-3s with this easy dinner.