



Product Spotlight: Salmon

Salmon's pink colour comes from antioxidant types called carotenoids. Other foods rich in carotenoids include carrots and tomatoes. They're super healthy and protect your body from disease.



1 Salmon Fish Cakes with Crunchy Veggies

Fragrant basmati rice, Asian-style salmon fish cakes, a homemade sesame-soy sauce and colourful stir-fried veggies. Yes please!

 30 minutes

 2 servings

 Fish

9 November 2020

In a hurry?

For a faster dish, simply fry the salmon in a pan and add finely chopped (or grated) lemongrass and garlic to the sauce.

FROM YOUR BOX

BASMATI RICE	150g
SALMON FILLETS (SKIN OFF)	1 packet
LEMONGRASS STALK	1
GARLIC CLOVE	1
RED ONION	1/2 *
ASIAN GREENS	2 bulbs
CARROT	1
RED CAPSICUM	1/2 *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking (we used sesame), soy sauce, vinegar (rice or other), sweet chilli sauce

KEY UTENSILS

large frypan, saucepan, food processor

NOTES

Use rice tub to easily measure the right amount of water.

Before chopping, mash the lemongrass stalk with the flat part of your knife to release more flavour.

No fish option - salmon fillets are replaced with chicken mince. Combine with remaining ingredients of step 2. In step 4, cook for 5-6 minutes each side or until cooked through.



1. COOK THE RICE

Place rice in a saucepan and cover with 1.5 x amount of water (see notes). Cover with lid, cook over low heat for 10-15 minutes. Remove from heat, let stand 5 minutes. Stir carefully with a fork.



2. MAKE THE FISH CAKES

Roughly chop salmon, finely chop lemongrass (see notes) and crush garlic. Place into a food processor with **1/2 tbsp soy sauce and 1/4 tbsp oil**. Pulse to form a rough mince and shape into 4 cakes of 1/3 cup mince each.



3. MIX THE SAUCE

In a bowl, whisk together **1 1/2 tbsp soy sauce, 1 tbsp oil, 1 1/2 tbsp sweet chilli sauce and 1/2 tbsp vinegar**.



4. COOK THE FISH CAKES

Heat a large frypan with **1/2 tbsp oil**. Cook fish cakes for 3-4 minutes each side or until cooked to your liking. Remove from pan and keep warm. Wipe pan clean, if necessary, and keep for next step.



5. STIR-FRY THE VEGGIES

Slice onion, Asian greens, carrot and capsicum. Reheat frypan with **1 tbsp oil** over high heat, add onion, and cook for 2 minutes. Add remaining vegetables and **1 tbsp sauce**. Stir-fry for 2-3 minutes until just tender.



6. FINISH AND PLATE

Divide rice among bowls. Add vegetables and fish cakes. Serve with remaining sauce.

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