



## 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.

**How did the cooking go?** We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

