

Salmon Cakes with Dill Crema

Get ready for fine dining at home. We're mixing up tender salmon with mashed potatoes and sautéed veggies for a sophisticated cake worthy of your favorite white-tablecloth restaurant. Served over fresh greens with a rich Dill Crema sauce, it's an elegant dinner we can't get enough of.

40 Minutes to the Table

40 Minutes Hands On

2 Whisks *Easy*

Getting Organized

EQUIPMENT

- Large Skillet
- Large Saucepan
- 2 Large Mixing Bowls

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- Flour (1 Tbsp)
- Egg (1)

6 MEEZ CONTAINERS

- Potatoes
- Dill Crema
- Salmon
- Lemon
- Green Onion, Carrots & Celery
- Spinach, Arugula & Radicchio

Good To Know

Make ahead: You can get a jump on dinner by mixing the salmon cakes through step 4 the night before. Then just shape the cakes and pick up on step #5 when you're ready to eat. Dinner will be on the table in just five minutes.

Our salmon is responsibly fished, so it's free from dyes, antibiotics, and any industrial grain-based diets.

Health snapshot per serving – 560 Calories, 25g Fat, 42g Carbs, 44g Protein and 11 Freestyle Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Salmon, Potatoes, Spinach, Arugula, Radicchio, Carrot, Celery, Sweet Relish, Dill, Green Onion, Sour Cream, Cream, Capers, Lemon, White Pepper, Curry Powder, Kosher Salt.

*meez*meals

1. Cook the Potatoes

Bring a large saucepan of water to boil with a pinch of salt. Add the **Potatoes** to the boiling water and cook until they are fork tender, about 12 to 15 minutes. Drain well and transfer to a large mixing bowl with 2 Tbsp of the **Dill Crema**. Use a potato masher or slotted spoon to mash the potatoes. (Lumps are completely fine.) Set aside until step 4.

2. Prepare the Salmon

While the potatoes are cooking, heat 2 Tbsp olive oil in a large skillet over medium-high heat. Dry the **Salmon** and generously season with salt and pepper (we use ¼ tsp salt and ¼ tsp pepper, so use about half per side, or more if you like). When the oil is hot, add the salmon and cook until it starts to brown, about 2 minutes. Flip and cook the other side until it is also slightly brown, an additional 2 minutes. (The salmon will not be fully cooked at this point but will finish cooking in step 5.) Transfer the salmon to a cutting board to rest for 5 minutes. Do not wipe out the skillet. Once the salmon has rested, cut it into roughly ½" pieces and transfer to the large mixing bowl with the potatoes.

3. Char the Lemon and Sauté the Veggies

Heat 2 Tbsp olive oil in the now-empty skillet over medium heat. Slice the **Lemon** in half. When the oil is hot, add the **Green Onion, Carrots & Celery**, and lemon, cut side down to the skillet. Cook the lemon undisturbed and sauté the veggies until the onions appear translucent, about 4 to 5 minutes. Set the lemon aside and transfer the veggies to the large mixing bowl. Wipe out the pan.

4. Make the Cakes

Whisk 1 egg and 1 Tbsp flour in a small bowl and add to the large mixing bowl (which should now contain the mashed potatoes, salmon, sautéed veggies, and egg/flour mixture). Stir well and place in the fridge to cool for about 5 minutes. Form the cakes into 3 balls per serving and flatten into disks about 2½ inches in diameter and about ½ to ¾ inches thick.

5. Cook the Cakes

Heat 2 Tbsp olive oil in the now-empty skillet over medium heat. When the oil is hot, add the cakes and cook until the bottoms are golden brown, about 2 minutes. Flip and cook until the other sides are also golden, an additional 2 minutes. (You may have to work in batches and add more oil to the skillet for subsequent batches.)

6. Put It All Together

While the cakes are cooking, put the **Spinach, Arugula & Radicchio** in a second large mixing bowl and toss with a drizzle of olive oil, a sprinkle of salt and pepper, and a squeeze of half of the charred lemon. Serve the salmon cakes on top of the salad greens. Add a generous dollop of the Dill Crema to each cake and squeeze the other half of the lemon over top. Enjoy!