

MARLEY SPOON



Lemon & Parsley Fish Cakes

with Roasted Potatoes



30-40min



2 Servings

Making these fish cakes is such a celebratory occasion that we wouldn't mind if they started replacing birthday cakes. Parsley gives the mixture freshness, lemon gives it brightness, and egg hold it all together. On a bed of peppery arugula alongside roasted potatoes, all we're missing is the candle. Cook, relax, and enjoy!

What we send

- ½ lb russet potatoes
- .35 oz Dijon mustard
- lemon
- ¼ oz fresh parsley
- 3 oz arugula
- 10 oz pkg tilapia ²

What you need

- 1 large egg ¹
- coarse salt
- freshly ground black pepper
- olive oil

Tools

- nonstick skillet
- rimmed baking sheet

Allergens

Egg (1), Fish (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 735kcal, Fat 53g, Carbs 32g, Protein 28g



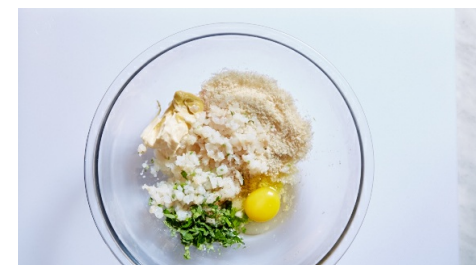
1. Prep ingredients

Preheat oven to 450°F. Wash and scrub potato, pat dry, and cut into ¼-inch slices. Stack slices then cut into ¼-inch sticks. Zest lemon and juice half of the lemon into a large bowl. Pick parsley leaves from stems. Finely chop stems then finely chop leaves, keeping them separate.



2. Roast potatoes

Toss potato with 1 tablespoon oil on a rimmed baking sheet and season with salt and pepper. Place in the oven and roast until crispy and golden brown, 20-25 minutes.



3. Chop fish

Cut pollock into ¼-inch pieces then chop all pieces together until very fine and fish starts to hold together. Add to the bowl with lemon. Mix in 1 egg, panko, parsley stems, ½ chopped parsley, 1 tablespoon mayonnaise, 1 tablespoon Dijon, ¼ teaspoon salt and a few grinds black pepper. Form into 4, ½-inch thick patties.



4. Cook fish cakes

Heat 1 tablespoon oil in a medium skillet over medium. Add fish cakes and cook until golden, 3-4 minutes per side.



5. Make Dijon mayo

Meanwhile, place remaining mayonnaise, Dijon, and parsley in a small bowl and stir to combine.



6. Finish

Squeeze remaining lemon half over arugula and drizzle with olive oil. Season with salt and pepper. Toss then divide between two plates. Top with fish cakes and serve with roasted potatoes and Dijon mayo. Enjoy!