



Potato cakes with smoked salmon

READY IN



40 min.

SERVINGS



4

CALORIES



406 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 medium potatoes quartered
- ☐ 100 g flour for dusting
- ☐ 0.5 tsp double-acting baking powder
- ☐ 150 g cheese soft
- ☐ 200 g salmon smoked
- ☐ 4 servings onion red thinly sliced
- ☐ 1 tbsp caper drained
- ☐ 1 lemon zest

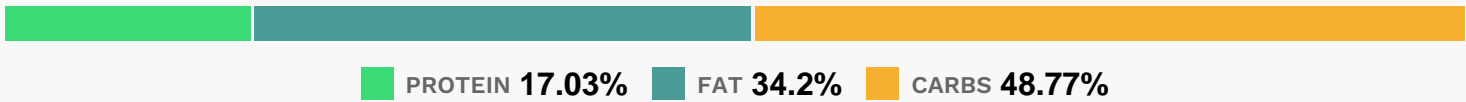
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ potato ricer

Directions

- ☐ Make the potato cakes. Bring a large pan of salted water to the boil. Tip in the potatoes and cook for 10–15 mins until soft.
- ☐ Drain well, then return to the hot pan for 1–2 mins to allow any excess moisture to evaporate. Pass the potatoes through a ricer or sieve to get a really fine mash.
- ☐ Weigh out 250g of the mash and place in a bowl (you shouldn't have much left over). Tip in the flour, baking powder and 1 tsp salt.
- ☐ Mix together until the mixture forms a soft dough. Shape into a ball, then tip out onto a lightly floured surface.
- ☐ Roll out into a circle about 20cm across and 1cm thick.
- ☐ Cut into 8 triangular wedges and generously dust all over with flour. The potato cakes can be made up to this point 1 day ahead and chilled or frozen for up to 1 month.
- ☐ Set a large, non-stick frying pan over a medium heat (no need to add oil). When hot, dry-fry the cakes for about 3–5 mins on each side until golden and cooked through. You may have to do this in batches. Stir a little water into the soft cheese until it is spoonable.
- ☐ Place the potato cakes on plates, top with dollops of soft cheese and a smoked salmon slice, then scatter over the red onion, capers and lemon zest to finish.

Nutrition Facts



Properties

Glycemic Index:76.19, Glycemic Load:34.96, Inflammation Score:-7, Nutrition Score:20.676086944083%

Flavonoids

Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg, Quercetin: 5.03mg

Nutrients (% of daily need)

Calories: 405.66kcal (20.28%), Fat: 15.47g (23.8%), Saturated Fat: 8.13g (50.79%), Carbohydrates: 49.65g (16.55%), Net Carbohydrates: 45.22g (16.44%), Sugar: 2.84g (3.15%), Cholesterol: 49.38mg (16.46%), Sodium: 640.45mg (27.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.34g (34.68%), Vitamin D: 8.55µg (57%), Vitamin C: 33.57mg (40.69%), Selenium: 28.42µg (40.6%), Vitamin B6: 0.65mg (32.33%), Vitamin B12: 1.71µg (28.54%), Vitamin B3: 5.58mg (27.88%), Phosphorus: 253.47mg (25.35%), Potassium: 841.13mg (24.03%), Vitamin B1: 0.35mg (23.06%), Manganese: 0.43mg (21.53%), Folate: 76.56µg (19.14%), Vitamin B2: 0.32mg (18.58%), Fiber: 4.44g (17.74%), Copper: 0.34mg (17.01%), Iron: 2.99mg (16.59%), Magnesium: 55.81mg (13.95%), Vitamin B5: 1.24mg (12.38%), Vitamin A: 554.06IU (11.08%), Calcium: 101.68mg (10.17%), Vitamin E: 1.05mg (7.01%), Zinc: 0.99mg (6.62%), Vitamin K: 4.48µg (4.27%)