



SALMON AND POTATO CAKES WITH BRAISED BROCCOLI

Serves 4  735 calories per serving

INGREDIENTS

1 can (14 oz.)	salmon
1	large potato (chef recommends russet)
1/4 cup	mayonnaise
1/4 cup	flour
1/2 tsp	salt
Dash	black pepper
Pinch	dill or parsley (optional)
1 cup	panko breadcrumbs (can substitute with flour)
	tartar sauce (contains eggs)
4 cups	broccoli (about 1 head)
1 tbsp	butter



To make 8 servings, double the measurements and use bigger pots, pans, and bowls.



WE WANT TO KNOW WHAT YOU THINK!

Please provide feedback on your Cook WA Meal Kit experience by going to: www.surveymonkey.com/r/CookWA or using the QR code to the left.

Recipe created by Melissa Davis who serves as a nutrition educator at the WSU Thurston and Lewis county extensions. Melissa is a Washington-born chef, nutrition educator, and food writer. Trained as a chef in the U.S. Navy, she honed her skills overseas, in restaurants and as a personal chef. She is a teacher and food writer who is passionate about fresh local foods and preparing farm-to-table meals for friends and guests.

Sauces included in this recipe were produced by Northwest Gourmet Foods. For a full list of sauce ingredients, please visit agr.wa.gov/services/food-access/cookwa



Washington
State Department of
Agriculture

SALMON AND POTATO CAKES WITH BRAISED BROCCOLI

MAKE SALMON AND POTATO CAKES

- ❑ Peel the potato with a vegetable peeler, dice and then boil potato in a pot of water until tender, or about 10 minutes.
- ❑ Drain water from pot and mash potato with a fork.
- ❑ Drain canned salmon.
- ❑ Remove any skin and place unskinned fish into a medium-sized bowl.
- ❑ Flake fish with fork, add mashed potato, mayonnaise, flour, salt and pepper. If using dill or parsley, add minced herb to mixture, and stir to combine.
- ❑ Form into 8 - 10 small balls, then flatten into patties.
- ❑ Place breadcrumbs on a rimmed plate and coat each patty thoroughly.
- ❑ Heat a large skillet over medium heat, add a drizzle of oil and pan fry patties until crisp and golden, or about four minutes on each side.
- ❑ Move patties to a paper towel-covered plate to drain excess oil.

①

②

③

BRAISE BROCCOLI

- ❑ Chop a head of broccoli into small florets.
- ❑ Heat a large skillet over medium-high heat. Add butter, the broccoli and a pinch of salt.
- ❑ Cover and let cook for three minutes.
- ❑ Uncover, stir and leave to cook another two minutes, or until fork-tender.
- ❑ Salt to taste. Add a favorite herb, parmesan cheese or red chili flakes for a flavor boost..

④

⑤

PLATE

- ❑ Serve salmon cakes with a dollop of tartar sauce.
- ❑ Chef suggests serving with steamed rice.



Cook Washington (Cook WA) provides ingredients and recipes to families in need across Washington State. This pilot project aims to increase access to fresh healthy food, while teaching families new ways to prepare and enjoy delicious meals at home. Cook WA is a project of the Washington State Department of Agriculture's (WSDA) Food Assistance Program.

Photos taken by staff and students from The Evergreen State College's Photoland: Carrie Chema, Gail Dillon-Hill, Kai Couch and Mich Beuvink.

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP. This institution is an equal opportunity provider. The Washington State Basic Food Program can help provide a healthy diet consistent with the Dietary Guidelines for Americans.

Pub 609-942 (N/2/22) Do you need this publication in an alternate format? Please call the WSDA Receptionist at 360-902-1976 or TTY 800-833-6388.

Nutrition Facts

Serving Size		1 Serving
Amount Per Serving		Calories 620
		% Daily Values*
Total Fat	35.2g	45%
Saturated Fat	8.222g	41%
Polyunsaturated Fat	2.818g	
Monounsaturated Fat	2.08g	
Cholesterol	49mg	16%
Sodium	916mg	40%
Total Carbohydrate	46.74g	17%
Dietary Fiber	4.3g	15%
Sugars	3.56g	
Protein	31.96g	
Calcium	68mg	5%
Iron	16.5mg	92%
Potassium	694mg	15%
Vitamin A	56mcg	6%
Vitamin C	99.4mg	110%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.