



Healthy Now

CATERING • MEAL PREP • JUICES

Salmon Sweet Potato Cakes With Avocado Salsa

These Salmon Cakes make for a gluten free, delicious and nutritious lunch. This recipe makes 8 cakes, so its perfect for a healthy family lunch, or meal prep for the week.

Makes: 8 cakes, Prep Time: 45 minutes, Cook Time: 10 minutes



HealthyNow provides healthy, delicious and freshly prepared meals, catering and fresh pressed juices to busy individuals, families, seniors, organizations and sports teams.

To order, call or text Christine at 647-210-0047 or email Info@HealthyNow.ca.

Check us out online at www.HealthyNow.ca, or at www.facebook.com/healthynow40!





CATERING • MEAL PREP • JUICES

For the Salmon cakes:

- 10oz raw, center-cut salmon filet, skinned
- 2 medium baked sweet potato, chilled
- 1 green onion, finely chopped
- 1 tablespoon chili powder
- 1 teaspoon turmeric
- 1/2 teaspoon cinnamon (OPTIONAL)
- pinch of sea salt & pepper
- 1/4 cup almond flour
- 2 tablespoons avocado oil
- 8 cups mixed greens

For the Avocado Salsa:

- 1 tablespoon avocado oil (optional but recommended)
- 2 ripe avocados, diced
- 4 roma tomatoes, diced
- 1 red onion, diced
- 1/2 cup cilantro, finely chopped
- fresh lime juice to taste
- sea salt & pepper to taste

To make it:

1. Set oven to 400F.
2. Poke a few holes in sweet potatoes, then wrap in foil. Bake for 45 minutes to 1 hour until soft. Once complete, unwrap them and cool down to at least room temperature.
3. Slice salmon into 2 pieces – 25% and 75%. For the 75% portion, finely chop and MINCE the salmon using the sharp knife. Chop until it's sticky. For the remaining 25%, chop it into small chunks about 1/4-inch in size. See this example.
4. Add salmon to a bowl with the remaining ingredients except oil. Mix well. If the mixture is too wet and not firm enough to stick together, add tablespoons of almond flour or until firm.
5. Scoop out oversized golf ball size balls of the mixture, roll and then gently flatten to patties.
6. For best results, let the patties rest in the fridge for about 20 minutes to firm up.
7. Set a nonstick skillet on medium heat. Once hot, add avocado oil – add the individual patties and cook on each side for 2 -3 minutes each, then place on a cooling rack once finished.
8. If you are making large patties, then cook them on each side for 3 – 5 minutes, then place the burgers on a baking tray lined with parchment to bake in the oven for 6 to 8 minutes to ensure they are adequately cooked through.
9. Place all Avocado Salsa ingredients in a bowl and season to taste
10. Enjoy the mini patties with a chopped mixed greens and avocado salsa.

Enjoy! Past recipes of the week are posted at our website www.HealthyNow.ca/partners. Click and bookmark the Members page of our website to take advantage HealthyNow's partners discounts on our Prepared Meal Packs and Fresh Pressed Juices!

HealthyNow provides healthy, delicious and freshly prepared meals, catering and fresh pressed juices to busy individuals, families, seniors, organizations and sports teams.

To order, call or text Christine at 647-210-0047 or email Info@HealthyNow.ca.

Check us out online at www.HealthyNow.ca, or at www.facebook.com/healthynow40!

