

SALMON FISH CAKES

Prep: 20-50 mins

Cooking: 20-30 mins



Ingredients:

- 2 large potatoes, peeled and chopped
- 1 x small (213g) tin of salmon, drained and mashed
- ½ tablespoon of dried parsley
- 1 spring onion, finely chopped
- 1 egg, beaten
- 50g of plain flour
- 2 slices of bread, lightly toasted and grated into crumbs or 80g shop bought breadcrumbs
- Zest of ½ a lemon (optional)

Equipment:

Saucepan, masher, peeler, mixing spoon, mixing bowl, grater, teaspoon, green chopping board, knife, colander, baking tray

Method:

1. Boil potatoes for 15 minutes or until soft then drain and mash.
2. Mix the potatoes with the salmon, parsley and spring onions. Add half of the beaten egg (and lemon zest if using).
3. Put the mixture into the fridge for 30 minutes to firm up - not essential but better to manage.
4. Remove the mixture from the fridge and shape into discs. Dip each side into the flour and coat well.
5. Dip each cake into the remaining beaten egg, coating each side, then place into the breadcrumbs, covering each side with them.
6. Place onto a floured and greased baking tray and bake for 20-30 minutes until golden crispy edges have formed.



TIP

Great source of omega 3 which is essential for brain development and a healthy heart

TIP

This recipe would be delicious with wedges (Page ..)