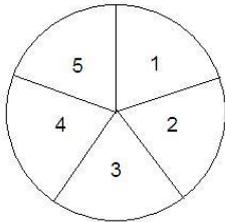


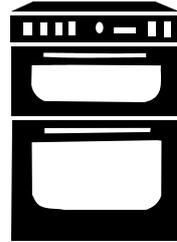
Salmon Fishcakes

Serves 5-8

Portions of fruit & vegetables per serving: 0



Hob needed Grill needed



Allergen information:

Allergens are in bold below.

Contains fish

Contains eggs

Contains cereals

containing gluten

Ingredients	Amount	Preparation
potatoes	4 medium	chopped
canned pink salmon	1 can - 400g (14oz)	
fresh coriander or parsley	handful	chopped
black pepper	to taste	
egg	1 medium	beaten
bread	4 slices	grated into crumbs
vegetable oil	1 teaspoon	

Please Turn Over



Method

- 1 Place the potatoes in a saucepan and cover with cold water. Bring to the boil and simmer until cooked (about 20 minutes), drain and mash the potatoes.
- 2 Flake the salmon in a bowl and remove any bones. Add the mashed potatoes, coriander or parsley and black pepper and mix well.
- 3 Break the egg into another bowl and beat. Place the breadcrumbs onto a plate.
- 4 Divide the fish and potato mixture into equal portions. Depending on the size of fish cakes, the mixture will make 10-16 fish cakes.
- 5 With your hands, form each portion into a ball, slightly flatten and dip the fish cake into the beaten egg, and then into the breadcrumbs. Pat each side and the edges into the breadcrumbs.
- 6 Cook the fishcakes under a medium grill or fry in a little of the vegetable oil for about 10 minutes until golden brown, turning once.
- 7 If fried remove from the pan and blot on kitchen paper.
- 8 Serve.

159 calories		Per serving
Fat	MEDIUM	4.9g
Saturates	LOW	1.0g
Sugars	LOW	0.7g
Salt	MEDIUM	0.8g

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- Serve with a portion of salad or mixed vegetables to add a portion of fruit and vegetables.
- Red or pink salmon can be used. Tinned salmon is an oily fish - eating oily fish once a week can reduce the risk of heart disease.
- Leaving the skin on the potatoes saves time and adds extra fibre.
- Using left over crusts from bread for the breadcrumbs is quick & easy.
- Use wholemeal bread for extra fibre.

