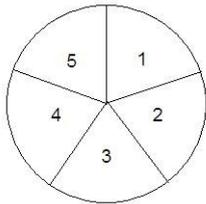


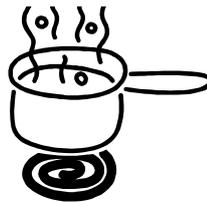
Salmon Fishcakes

Serves 5-8

Portions of fruit & vegetables per serving: 0



Hob needed



Grill needed

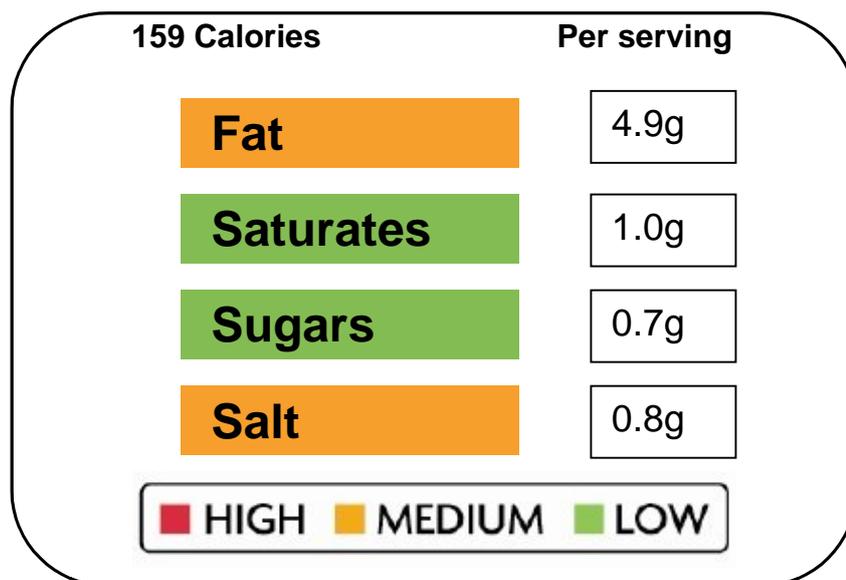


Ingredients	Amount	Preparation
large can of pink salmon	400g (14oz)	
potatoes	4 medium	chopped
fresh coriander or parsley	handful	chopped
black pepper	pinch	
bread	4 slices	grated into crumbs
egg	1	beaten
vegetable oil	1 teaspoon	

Please Turn Over

Method

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



Handy Hints

- Serve with a portion of salad to add a portion of fruit and veg
- 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, then grating, is quick and easy.
- Use wholemeal bread for extra fibre.