

# Salmon Fish Cakes

Prep time: 20-50 minutes Cooking time: 20-30 minutes



## Ingredients

2 large potatoes, peeled and chopped

1 small tin / 213g / 7oz of salmon, drained and mashed

½ tablespoon dried parsley

1 spring onion, finely chopped

50g / 2 oz plain flour

1 egg, beaten

2 slices of bread, lightly toasted and grated into crumbs or 80g shop bought breadcrumbs

Zest of ½ lemon (optional)



**Method.** Pre heat oven to 200°C / Gas Mark 6

- Boil potatoes for 15 minutes or until soft. Drain and mash
- Mix potatoes with salmon, parsley and spring onions. Add half of the beaten egg (and lemon if using)
- Put mixture in fridge for 30 minutes to firm up - not essential but better to manage
- Remove mixture from fridge and shape into discs. Dip each side into flour coating well
- Dip each cake into the remaining beaten egg, coating each side and then place into bread crumbs, covering each side with them

- Put on a floured and greased baking tray and bake for 20-30 minutes until a golden crispy edge has formed
- Serve with wedges (see sides and delights section) or jacket potatoes and salad or vegetables



Great source of  
Omega 3 essential  
for brain development  
and a healthy heart