

Wild Salmon Patties

Recipe by Minna Wood
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	874 kj	10%
Energy (kcal)	210 kcal	11%
Fat	13 g	19%
of which saturates	6.5 g	33%
Carbohydrate	1.0 g	1%
of which sugars	0.7 g	1%
Fibre	0.7 g	3%
Protein	20 g	40%
Salt	0.99 g	17%

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Ingredients (Makes 20-24 mini patties):

2 wild salmon filets approx. 240g (**FISH**)
100g can Wild Alaskan salmon, drained (**FISH**)

Herb and spice paste:

1 large lemongrass stalk,
1 red chilli,
1 shallot (OR: ½ red onion),
4 cloves Of garlic,
a thumb size piece approx. 5g each of ginger root and turmeric root,
handful fresh coriander,
2 tsp Thai fish sauce, or 1 tsp gluten-free tamari **SOYA** sauce,
juice and zest of ½ lime,
1 tsp coconut oil,
black pepper

SESAME seeds (optional)

Method:

1. Make the herb and spice paste in a food processor by blitzing up all paste ingredients .
2. Remove the skin from the fresh salmon fillets* and cut the salmon into chunks.
3. Place the salmon chunks and the tinned salmon into a food processor and pulse a few times.
4. Add the herb paste and blend until mixed well.
5. Form mini patties with wetted hands and place on a small lined tray.
6. Refrigerate the patties for an hour or so.
7. Fry the patties briefly on both sides in a non-stick frying pan in coconut oil over medium heat until some browning appears, and the patties are cooked through c. 5-8 mins (depending on size)
8. Serve as is, or with **SESAME** seeds sprinkled on top, as part of a main meal, alongside some spicy dipping sauce or chilli mayonnaise.

ALLERGENS



FISH



SESAME



SOYA

MODIFY

These mini fish cakes work well as finger-food and canapes

Remove soya sauce and sesame seeds if allergic

CREDIT

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Photo by: Minna Wood