

Step by Step Potato & Salmon Fish Cakes



Serves 5

Prep 15 mins

Cooking 10 mins

Easy

Ingredients

400g mashed potatoes with salt, butter & milk added, fresh or leftover
leftover cooked salmon or tinned salmon (about 400g)

1 egg

salt and pepper to taste

2 tbsp chopped fresh Italian parsley

To coat

1 egg, beaten with a tablespoon of water

300g+ breadcrumbs with a dash of salt and pepper

To fry, olive oil or grape seed oil

1. Put the mashed potatoes, salmon, egg, salt, pepper & parsley together in a bowl.
2. Mix all the ingredients together using a fork to break up the fish, then form into patties (if the mixture is too soft, refrigerate for an hour or so before shaping).
3. Dip patties into beaten egg, then coat in the breadcrumbs.
4. Place on a baking sheet, and continue until the remaining mixture is finished.
5. Fry gently over medium heat until golden brown on both sides, adding oil as needed.
6. Place on paper-towel lined sheet to absorb the excess oil. Serve as desired.

Notes: these potato and salmon patties freeze extremely well. Just wrap them in tin foil with layers of parchment or waxed paper in between each patty. You can then defrost in the fridge, and heat them in the oven.