

Salmon & Herb Fish Cakes



Ingredients

350g Potatoes, peeled and quartered
2tbsp fat-free natural yoghurt
Half tsp cayenne pepper
2tbsp finely chopped parsley
1 tbsp chopped fresh dill
Black pepper
1 large onion freshly chopped
350g cooked leftover salmon, flaked
1 egg, beaten
1 level tbsp corn flour
Rapeseed oil

1. Boil the potatoes for 15mins until tender, drain & mash. Beat in the yogurt, cayenne pepper, herbs & pepper
2. Gently mix the chopped onion and flaked salmon into the potato mixture. Add a little of the beaten egg, just enough to bind the mixture together. Chill in the fridge for approx. 2hrs to firm mixture.
3. Divide the mixture into 8 portions and shape each one into a ball, then flatten with your hand into a flat cake. Dust the fish cakes lightly with flour.
4. Put rapeseed oil in a pan & cook on a medium heat for 6 minutes & serve with roasted veg.