

Recipe of the Week

Atlantic Fish Cakes



500g Atlantic Salmon
500g White Fillet
500g Pontiac Potatoes in Jacket
1 Onion, Finely Diced
1/2 Cup Chopped Parsley
50g Bush Tuck 'Desert Herbs'
1 Yamagishi Egg
Fresh Ground Salt & Pepper to Taste
1 Tblsn Minced Garlic
1 Lemon, Zest & Juice
Bread Crumbs

Optional Flavours-Chopped Capers
Chilli or Fresh Herbs

Boil potatoes and onion until soft. Mince or finely dice salmon and white fish.
Mix all ingredients together (except breadcrumbs) until combined.
Roll fish mix into patties and press into breadcrumbs.
Heat butter or oil in frying pan and cook for approx 5 mins, turning occasionally.

*WANT A HEALTHIER CHOICE...*Preheat oven to 180oC-200oC.
Bake on Baking paper lined tray for approx 10-15mins.

Serve immediately with mixed salad leaves, cherry tomatoes, cucumber ribbons, avocado and lemon peppered sour cream or garlic and avocado aioli.