

Salmon Fishcakes

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Ingredients:

50g frozen peas
600 g potatoes
½ a bunch of fresh chives, finely chopped
2 x 180g tins of quality salmon
1 lemon
1 tbsp plain flour, plus extra for dusting
1 large free-range egg
olive oil
sea salt and freshly ground black pepper

Method:

1. Peel the potatoes and chop into roughly 1cm chunks.
2. Cover the potatoes with water, season with salt and bring them to the boil. Turn the heat down to medium and let them simmer for 10 minutes or until soft.
3. Meanwhile, defrost the peas in a separate pot of boiling water. Once defrosted, add to the pot with the potatoes.
4. Once ready, drain both the potatoes and peas and leave them to cool.
5. Whilst they are cooling, drain the salmon and add to a mixing bowl.
6. Grate the zest of the lemon into the mixing bowl and add the flour, chives and egg.

7. Once cool, mash the potatoes and peas until fairly smooth.
8. Add them to the mixing bowl and mix together well.
9. Sprinkle some flour onto the work top and onto a plate.
10. Divide the mixture into 8 and use your hands to shape each segment into a fishcake, roughly 2cm thick.
11. Dust each side of the fishcake with some flour and place them on the plate.
12. Place a large frying pan on a medium heat and add 1 tablespoon of olive oil.
13. Carefully place the fishcakes into the pan and cook for 3 to 4 minutes on each side, or until crisp and golden, turning carefully with a fish slice.
14. Cut the zested lemon into wedges.
15. Serve warm with veggies of your choice and wedge of lemon.

Tips:

1. Batch cook these and put the remaining fishcakes in the freezer.

Serves 4

Prep time: 60 minutes (including cooling)

Cook time: 10 minutes