



# SALMON FISHCAKES



**SERVINGS:**  
6-8 CHILDREN



**TIME:**  
35 MINS



**DIFFICULTY:**  
EASY



**COST:**  
££££

## Ingredients:

- 2 salmon fillets
- 1 x 400g can chickpeas, drained
- 450g potatoes, cut into chunks
- 1 egg, beaten
- Zest of 1/2 lemon
- 3 tbsp plain flour
- 100g dried breadcrumbs
- 1 tbsp vegetable oil
- 1 tbsp mixed herbs

## Method:

1. Place the chopped potatoes in a pan of water, bring to the boil, cover & cook for 12-15 minutes until tender. Drain & leave to steam-dry
2. Season the salmon with a little black pepper & grill for 5-6 minutes, until just cooked
3. Add the cooked potatoes & chickpea to a large mixing bowl, mash well & then stir in the mixed herbs & lemon zest
4. Once the salmon has cooled, break into large flakes & lightly mix with the potato & chickpea mix
5. Shape the mixture into your desired number of fishcakes
6. Put the flour, beaten egg & breadcrumbs in 3 shallow dishes. Dip the fishcakes into the flour, then in the egg, & finally coat in breadcrumbs
7. Heat 1 tbsp vegetable oil in a large frying pan. Fry the fishcakes over a medium-low heat for 3-4 minutes each side until deep golden & heated through.