



Salmon fishcakes

Serves: 8

Time

45 minutes



Ingredients

- small tin pink salmon, drained and flaked (remove any bones)
- 400g potatoes, peeled, boiled and mashed
- 100g tomatoes, finely chopped
- 4 tablespoons fresh parsley, finely chopped
- 2 tablespoons natural yogurt
- 100g fresh wholemeal breadcrumbs
- 50g Cheddar cheese, grated
- 1 egg, beaten
- freshly ground black pepper

Method

1. Preheat the oven to 200°C or gas mark 6.
2. Mix the cold mashed potato in a bowl with the salmon, tomatoes, half of the chopped parsley, 25g of the fresh breadcrumbs, the yogurt and pepper.
3. In a separate bowl, combine the rest of the breadcrumbs with the parsley and grated cheese.
4. Shape the fish mixture into eight round fish cakes, coat each one in a little beaten egg and then the breadcrumb mixture. Bake on a greased baking tray in the oven for 15 minutes until they're golden brown.