



Salmon & Lemon Mini Fish Cakes

GoodFood

Makes 20 gluten free cakes

Ingredients

2 large baking potatoes
2 tbsp olive oil
Grated zest and juice of ½ lemon
1 egg yolk
140g smoked salmon trimmings, plus extra to serve
1 tbsp chopped parsley, plus extra
2 tbsp gluten-free flour, mixed with 1 tsp coarsely ground pepper
A little oil, for frying

Method

1. Microwave potatoes on high for 10 minutes, until tender. Leave to cool for 5 minutes, scoop the flesh in a bowl, then mash and leave to cool. Season with olive oil, lemon zest and juice to taste. Then mix in the egg, salmon and parsley. Shape into small rounds 3cm wide and 1cm deep. Chill for 15 minutes.
2. Dust each cake with the peppered flour, then fry over a low heat, in a little oil for 2 - 3 minutes, on each side.
Drain on kitchen paper and serve garnished with salmon and parsley.

For freezing

Make to the end of stage 1, then freeze. Defrost for 4 hours in the fridge, before frying.