

SALMON FISH CAKES

WEDNESDAY • Makes 8 • Ready in 30 minutes

WHAT YOU NEED

3 cups mashed potato (leftover or freshly made from about 4 potatoes)
250g hot-smoked salmon, flaked
1 tsp grated lemon zest
1 Tbsp chopped fresh parsley and/or dill
Salt and freshly ground black pepper, to taste
¼ cup cake wheat flour or breadcrumbs (optional)
Vegetable oil, for frying

To serve

Simple salad
Good quality mayonnaise

WHAT TO DO

Assemble the fish cakes by adding the mash to a mixing bowl along with the flaked fish, lemon zest and herbs, mixing well until combined. Check the seasoning and shape into palm-sized fish cakes. (Add a little flour or breadcrumbs if the mixture is too wet.)

Shallow-fry the fish cakes in a little oil until golden on both sides, or transfer to a lightly greased baking tray and bake at 200°C until golden. Serve with a salad and mayonnaise.

NOTES

- * For a variation, you can also make a simple horseradish cream to serve instead of mayonnaise: Mix together ½ cup crème fraîche or smooth fat-free cottage cheese + 2 Tbsp creamed horseradish, add a dash of lemon juice if needed, and season to taste.
- * These are also delicious served with potato wedges and steamed asparagus or green beans.
- * *Cook Once, Eat Twice:* If you have leftover fish cakes, they can be frozen on a baking tray until solid, then transferred to an airtight bag or container and stored in the freezer for up to 3 months.

