Salmon and Potato Fish Cakes



Prep: 30 min
Cooking: 25 min
Serves: 4
Makes: 12

Ingredients

- 800g Low GI/Low Carb new potatoes, peeled, chopped (see tip)
- 1½ cups (220g) frozen peas & corn
- 2 eggs, lightly beaten
- ½ cup dry breadcrumbs
- 1 lemon, zest finely grated & juiced
- ¾ cup garlic aioli
- ? cup chopped spring onions
- 210g can red salmon, drained, bones & skin removed
- 1 tbsp chopped parsley, extra leaves to serve
- Olive oil cooking spray
- Lemon wedges, to serve

Method

1. Boil, steam or microwave potatoes on high for 9 minutes or until tender when pierced. Drain. Mash. Cool for 10 minutes.
2. Boil peas and corn for 1 minute. Drain. Combine peas and corn, cooled mash, eggs, breadcrumbs, lemon zest, ¼ cup of the aioli and green onions in a large bowl. Flake salmon into pieces and add to the potato mixture. Season to taste.
3. Shape into 12 x ? cup-sized patties and place on a tray. Grease a 6-hole (? cup) pie maker with spray oil. Place a patty into each hole and spray with oil. Close the lid and cook for 10 minutes. Use a heatproof spatula to carefully turn over. Cook for a further 5 minutes until golden and puffed.
4. Turn the pie maker off, remove patties, and repeat with spray oil and remaining patties. Cover to keep warm.
5. Meanwhile, combine the remaining aioli, 1-2 tablespoons of lemon juice to taste and parsley.
6. Serve topped with a dollop of aioli. Season with cracked pepper.
7. Serve with a large side salad or mixed vegetables.

Notes

If you are wanting to make these fish cakes for a whole gathering, we have these egg products to buy wholesale to make it easier:

- Frozen whole egg
- Dried whole egg

- Bulk whole egg