
Salmon and Prawn Fish Cakes

Instructions

Quarter potatoes and boil until soft.

Steam salmon with lemon slices, salt and pepper (or put in frying pan barely covered with water and lemon slices - bring to the boil then remove from the heat).

Mash potatoes with butter. Drain salmon remove the skin and bones and flake the flesh.

Fry the prawns in a little oil until just done - 2 minutes.

Add salmon, 1 beaten egg, prawns (coarsely chopped if large) and parsley to the potatoes, season well and mix (don't break the salmon up too much).

Cool then refrigerate for at least an hour.

Divide mixture into 12 portions. Shape into flat fish cakes.

Mix breadcrumbs with the ground almonds and dip cakes (with floured hands) into the second egg, then breadcrumbs.

Chill for 20 minutes and then fry in batches over medium heat until heated through and browned.

Drain on paper towels and serve with tartar sauce.

Perfect with salad (or vegetables).

Ingredients

250 gm salmon

4 medium potatoes, peeled

3 tbsp parsley

125 gm prawns

½ cup ground almonds

1 ¼ cups white breadcrumbs

2 lemon slices for cooking salmon

30 gm butter

2 eggs, beaten separately

vegetable oil for frying

salad leaves

tartar sauce (shop bought or home made)