

SALMON PATTIES



Prep and cook time: 15 minutes

Freezer friendly

Ingredients

- 1 cup mashed potato, cooled
- 190g canned red or pink salmon, drained and flaked
- 2 tablespoons gherkins, finely chopped
- 2 shallots, thinly sliced
- 1 egg, lightly beaten
- 1/2 cup wholemeal breadcrumbs
- 1/2 teaspoon pepper
- olive oil spray

Method

1. Combine mashed potato, salmon, gherkins, shallots, egg, breadcrumbs and pepper in a bowl.
2. Shape into 8 patties.
3. Heat a non-stick fry pan over medium heat and spray with olive oil.
4. Cook patties, in batches, for 4 minutes each side or until golden.
5. Drain on paper towel and allow to cool.

Lunchbox tip: remember to always pack an ice brick when packing salmon in the lunchbox

