**Fish Cake**

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* ½ a Salmon Fillet
* A Piece of Ginger
* 1 Red Chilli
* 1 Spring Onion
* 1 Clove of Garlic
* 1 Large Egg
* 2 tbsp of Breadcrumbs
* 1 tsp of Paprika
* 1 tsp of Soy Sauce

**Fish Cake Crust**

* 1 tsp of Rapeseed Oil
* Plain Flour
* Eggs
* Breadcrumbs

**Sweet Potato Fries**

* 1 Sweet Potato
* Rapeseed Oil
* Smoked Paprika

**Asparagus**

* 1 tsp of Olive Oil
* ½ a Pack of Asparagus
* 1 Shallot
* 1 Clove of Garlic
* Lemon Zest
* Lemon Juice