

# Fish cakes

- Dairy-free
- Lactose-free
- Nut-free
- Peanut-free
- Sesame-free
- Shellfish-free
- High in Protein
- 1 serve Veg or Fruit

Craving salmon fish cakes? The whole family will love this no-fuss dinner recipe.

- Serves 4
- Cooktime 30 mins 30 minutes
- Preptime 20 mins

## Ingredients

- 500g potatoes, peeled, quartered
- 2 x 150g packets Coles hot smoked salmon (natural), coarsely flaked
- 1 bunch chives, finely chopped
- 1 lemon, rind finely grated
- 1 tbs finely chopped baby capers (optional)
- 2 tbs tartare sauce
- 3 Coles Australian Free Range Eggs, lightly whisked
- 1/2 cup (75g) plain flour
- 1 1/2 cups (110g) panko breadcrumbs
- Mixed salad, to serve
- Tartare sauce, extra, to serve
- Lemon wedges, to serve

## Nutritional information

Per serve: Energy: 2188kJ/523 Cals (25%), Protein: 33g (66%), Fat: 21g (30%), Sat Fat: 4g (17%), Sodium: 932mg (47%), Carb: 48g (15%), Sugar: 5g (6%), Dietary Fibre: 3g (10%).

Check ingredient labels to make sure they meet your specific dietary requirements and always consult a health professional before changing your diet. View dietary information [here](#).

Percentage Daily Intake information on our recipes is calculated using the nutrition reference values for an average Australian adult.

## **Method**

### **1. Step 1**

Cook potatoes in a saucepan of boiling salted water for 12-15 mins or until tender. Drain well. Return to the saucepan and use a potato masher to mash until smooth. Season. Transfer to a large bowl and spread out for 10 mins to cool.

### **2. Step 2**

Add the salmon to the potato with the chives, lemon rind, capers, tartare sauce and one of the eggs. Season. Divide mixture into 12 even portions. Shape each portion into a 6.5cm patty and place on a baking tray. Place in the fridge for 20 mins to chill.

### **3. Step 3**

Preheat oven to 200°C. Line a baking tray with baking paper.

### **4. Step 4**

Place the remaining egg in a bowl. Place the flour and breadcrumbs on separate plates. Season.

### **5. Step 5**

Dust fishcakes with flour then dip in egg and coat in breadcrumbs and place on prepared tray. Spray with olive oil spray.

### **6. Step 6**

Bake for 30 mins or until golden, crisp and heated through.

### **7. Step 7**

Serve fish cakes with mixed salad, extra tartare sauce and lemon wedges.