

Salmon and Kumara Fish Cakes with greens and lemon yoghurt dip

This yummy, easy recipe from Julia Scott contains all 4 focus foods for healthy ageing!



Fish cakes

- 1 medium kumara, peeled and chopped
- $\frac{3}{4}$ cup frozen peas
- 210g can salmon, drained and mashed
- 2 spring onions, finely chopped
- 1 Tbsp chopped fresh parsley (or 1 tsp dried)
- 1 Tbsp chopped fresh dill (or 1 tsp dried)
- $\frac{1}{4}$ cup plain flour
- 1 egg
- 1 cup panko breadcrumbs

Lemon yoghurt dip

- $\frac{2}{3}$ cup Greek yoghurt
- 2 tsp Dijon mustard
- 2 tsp lemon juice
- 2 tsp chopped fresh dill (or $\frac{1}{2}$ tsp dried)

Method

1. Boil kumara in a pot of water on the stove for 12 minutes.
2. Add the peas to the pot of kumara and continue boiling for another 3 minutes. Drain the water and mash roughly with a fork or potato masher. Set aside to cool.
3. In a large bowl, place cooled kumara mixture and add the salmon, spring onions, parsley and dill. Season with pepper and stir until well combined.
4. Divide the mixture into 8-10 portions and shape into patties.
5. Sprinkle flour on a large plate. In a shallow bowl, whisk the egg. In a separate clean bowl, place the breadcrumbs. Press each fishcake into the flour to coat, then dip into the egg mixture and finally coat in breadcrumbs. Cover, then chill for 30 minutes to firm up.
6. Preheat the oven to 180°C. Line a large baking tray with baking paper. Place fishcakes on prepared tray and spray or brush generously with olive oil. Bake for 30 minutes or until golden, turning fishcakes halfway through cooking time.

Serve with a fresh salad or steamed greens and lemon yoghurt dip.