

Gluten Free Select Salmon and Cod Fish Cakes



Preparation time

30 minutes



Cooking time

15 minutes



Makes

2-4

Recipe Description

A family favourite, perfect as a gluten free starter or a midweek meal.

Ingredients

100g Glutafin Gluten Free Select Fresh White Loaf |
 Glutafin 15g Glutafin Gluten Free Select Multipurpose
 White Mix | Glutafin
 115g cooked salmon fillet
 115g cooked cod fillet
 115g mashed potato
 1 tbsp chopped parsley
 1 egg
 salt and pepper
 vegetable oil for deep frying
 1 lemon (zest and juice)
 1/4 cucumber
 150g/150ml natural yoghurt
 handful of chopped mint
 crisp green salad, to serve

Method

1. Pre-cook your potato and mash.
2. Poach salmon and cod in salted water for 5 minutes until cooked or microwave on a covered plate on a medium setting for 2-3 minutes.
3. In a large bowl add cooked fish to your pre-cooked mashed potato and mix together.
4. Add the parsley, lemon zest, juice of 1/2 a lemon to the mixture and season with salt and pepper.
5. Roll into balls and flatten with the palm of your hand.
6. Create breadcrumbs using the Glutafin loaf by whizzing 3-4 slices in a food processor. Place the flour mix on a plate, place beaten egg in a bowl and breadcrumbs on a separate plate. Place the fishcakes in the flour mix and toss until coated, dip into egg mix ensuring egg covers all surface and then toss in the breadcrumbs. (It is essential to place the fish in order of ingredients)
7. Deep or shallow fry in hot oil until golden brown.
8. Serve with cucumber and mint yoghurt and mixed crisp green salad.

For cucumber and mint yoghurt

Dice cucumber and mint, then mix with the natural yoghurt. Add a squeeze of lemon juice over the top.