

Salmon Cakes with Herb Dip

ingredients:

500g salmon fillet cut into cubes,
3 tblsp dry breadcrumbs,
1 egg beaten,
1 lime juice and zest,
bunch fresh dill, 4 tblsp olive oil,
1 x Soreen Sliced Malt Loaf.

Herb Dip:

1 x tub crème fraiche,
salt and freshly ground pepper.

method:

Place salmon, breadcrumbs, egg, half the lime juice and zest and a little fresh dill into a bowl and stir together, season with salt and fresh ground pepper.

Shape into patties with your hands. Heat the oil in non-stick frying pan and cook the salmon cakes for approx 3 mins each side until cooked through.

Meanwhile slice and then cut the malt loaf into circles with a pastry cutter. Mix the remaining lime juice and dill with the crème fraiche and season.

Place the malt loaf on a plate with the salmon cakes and top with some crème fraiche.

nutritional information:

per 100g serving:

kcal 431
carbohydrate 21.9g

protein 22.9g
fat 12.2g

