

Salmon fritters with greens



Preparation
Time



Cooking
Time



Serves



Ingredients:

- 400g can pink salmon, drained, skin and bones removed, flaked
- 3 eggs
- ¼ cup self-raising flour
- ¼ cup coriander, chopped
- 4cm piece ginger, peeled, grated
- ½ cup extra virgin olive oil
- 100g sugar snap peas
- 100g peas
- 1 head of broccoli, chopped

Method:

- Combine salmon, eggs, flour, coriander and ginger in a large bowl to a spoonable consistency.
- Heat oil in a large fry pan over medium-high heat. Add ¼ cup of mixture to the fry pan and cook for 5 minutes, turning once or until golden and cooked through. Transfer to a plate covered in paper towel and cover. Repeat with remaining mixture.
- Meanwhile bring a large saucepan of water to the boil. Top and tail the sugar snap peas and add them along with the peas and broccoli to the saucepan. Blanch for 1-2 minutes. Drain and serve with fritters.

Do you like this recipe? You might be interested in more recipes developed by Amie Harper, food and nutrition expert – www.thinkpei.com.au

Nutrition:	Per serve (4 serves total)	Per 100g
Energy	2100kJ	780kJ
Protein	30g	11g
Fat total	38g	14g
Saturated fat	7g	2g
Monounsaturated fat	24g	9g
Polyunsaturated fat	5g	2g
Trans fat	0.08g	0.03g
Very long chain N3 fatty acids	2g	0.6g
Carbohydrates	10g	4g
Sugars	2g	0.8g
Fibre	4g	2g
Sodium	520mg	190mg

Notes

The nutritional content stated in each recipe has been calculated using a nutritional labelling tool by FoodWorks 9 Professional. Please note the stated nutritional content is an estimate only, and may vary depending on the quality and amounts of ingredients used. For more information on the nutritional content of your food, please consult your dietitian for advice.