

*Fast Food Family Journey* blog  
Recipe 'Mums & Dads evening meal inspiration'  
Mary Smith

***Lime & dill salmon fishcakes***

You should try and include at least 2 portions of fish in your diet every week, and at least 1 portion should be an oily fish (like salmon) to make sure you are getting enough Omega-3. Serve with an easy to cook veg like peas (easy to do in the microwave in just a few minutes) to produce a nutritious meal. If you have children who don't like (or won't eat) fish, then this is a good way of trying to introduce fish into their diet.

*Total prep & cooking time 22 minutes*

*Quantity 4 portions (eat 2 and freeze 2)*

*Tools Large bowl, non-stick frying pan, zester or grater (e.g. fine Microplane).*

400g boiled potatoes, mashed\*

400g wild tinned salmon (skinless & boneless)/ 400g grilled salmon

2 limes, zest only

2 heaped tbsp fresh dill, chopped

1 egg

*Mix all. Form 8 cakes. Pat with plain flour on both sides. Fry each side in oil for about 1 min or until golden.*

Storage: Airtight container in fridge for 1 day (better to freeze).

\*About 2 very large potatoes. Chop the potatoes into very small dice to help them cook quicker (8 - 9 minutes is enough).

Using tinned wild Alaskan salmon (available from all major supermarkets) for this recipe ensures you are buying fish from a sustainable source. It is also better for you as it has not been bred in fish farms (like the fresh standard and organic supermarket salmon) and as a result is higher in Omega-3, and will not have any levels of toxins and chemicals present. Look out for the sustainable source logo on the tin.

*Free from wheat & dairy.*