

# Salmon Patties

These salmon patties are a tasty source of omega-3 and calcium, essential for optimal child development. They are a delicious way to eat fish for lunch, and are packed with flavour and a variety of seasonal vegetables. Make two batches and freeze one to save time.



Serves 10 children



55 minutes

## INGREDIENTS

Salmon, canned and drained 400g (1 can)

Sweet potato, raw, peeled and diced 300g

Spring onion, raw 45g (3 whole)

Red capsicum, raw 100g (1 large)

Cheese, cheddar, low fat 60g (1/2 cup)

Sun dried tomatoes 50g (10 whole pieces)

Egg, raw 50g (1 large)

Parsley, dried 1 Tbs

Lemon rind 3 tsp

Bread crumbs 60g (1/2 cup)

Pepper 1 pinch

Canola oil 40mls (2 Tbs)

Dill, dried 1 tsp

## DIRECTIONS

1. Place sweet potato in saucepan with water and cook until soft.
2. Grate cheese, dice spring onion, sun dried tomato and capsicum.
3. Drain potatoes and mash until smooth.
4. In a large bowl combine salmon, sweet potato, spring onion, sun dried tomatoes, capsicum, egg, cheese, lemon rind, parsley, dill and pepper.
5. Form ten even patties and roll in crumbs, coat well. Place in refrigerator for 20 minutes to chill.
6. In a fry pan heat canola oil and pan fry each patty until golden brown on both sides and cooked through.
7. Serve one patty per child.

# Allergy Information

Contains: egg, wheat, gluten, cow's milk protein.

---

## Childcare RDI Calculator:

Fat	<div></div>	70 %
Vegetables	<div></div>	70 %
Meat/Alt*	<div></div>	75 %
Cereals	<div></div>	15 %
Dairy	<div></div>	40 %
Fruit		0 %

\* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

---

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services