



FISHCAKES & ASIAN SLAW

Aim: Omega 3 hit, with a full spectra of veggie colours!

Ingredients

Fishcakes

- 600g sweet potato, peeled
- 600g tinned salmon, drained
- 50g spring onion, diced
- 1/2 tsp olive oil & salt

Slaw

- 500g red cabbage, shredded
- 200g carrots, grated
- 100g spring onion, chopped
- 150g red pepper, sliced
- 100g avocado, chopped
- 10g black sesame seeds
- 1 tbsp fresh coriander
- 1 tbsp light soy sauce
- 1 tsp sesame oil

Directions

READY IN: 35 // SERVINGS: 4

1. Cook the sweet potato in a saucepan of boiling water until a knife passes easily through the flesh, drain and rinse under cold water.
2. Mash the potato with the salmon and salt and shape into 8 rounds (your fishcakes).
3. Heat the olive oil in a frying pan over a medium heat and cook the fishcakes until browned on each side (3-4 mins per side).
4. Meanwhile, combine the slaw ingredients.
5. Serve the fishcakes over the slaw. The fishcakes will keep in the fridge for up to 5 days and also freeze well, for advanced preparation (they can be stored before or after cooking).

Variations to consider: to switch up the flavour, trade the salmon for white fish or tinned tuna, or the sweet potato for white potato, and the 'slaw dressing to Skyr + lemon juice + salt + pepper!

CALORIES

529

CARBOHYDRATE

52

PROTEIN

40

FAT

18