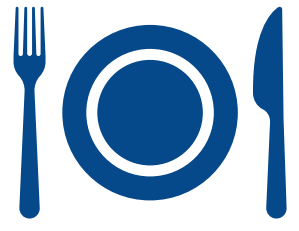
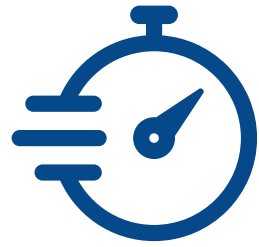


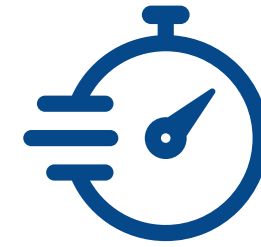
CANNED SALMON CROQUETTES



SERVINGS
2



PREP TIME
15 MINS



COOKING TIME
10 MINS

INGREDIENTS

- 1 x 3.9 oz (110g) can salmon, drained
- 9 oz mashed potatoes, cooled
- 2 green onions, finely sliced
- ½ lemon
- Salt and freshly ground black pepper
- 2 tbsp all-purpose flour
- 1 egg, beaten
- 1¾ oz breadcrumbs, approximately ½ cup
- 2 tbsp vegetable oil, for frying
- Sea salt, to finish

TOP TIP

Chilling the shaped croquettes for 15–20 minutes before coating and frying will help them hold their shape and give you a crisp, even coating.

DIRECTIONS

1. Place the mashed potatoes in a bowl. Add the drained canned salmon, green onions and a squeeze of lemon juice. Season with a little salt and black pepper.
2. Gently mix everything together, keeping some larger flakes of salmon for texture.
3. Divide the mixture into 6 small croquettes and shape with your hands.
4. Place the flour, beaten egg and breadcrumbs into three separate shallow bowls.
5. Roll each croquette first in the flour, then dip into the beaten egg and finally coat thoroughly in the breadcrumbs.
6. Heat the vegetable oil in a skillet over medium heat. Add the croquettes and cook for around 3–4 minutes on each side, turning carefully, until crisp and golden all over.
7. Transfer to a serving plate and finish with a generous squeeze of fresh lemon juice and a sprinkle of sea salt.

