

Parsnip Salmon Cakes with Herb Yoghurt



Crispy, delicious, packed with healthy fats and topped with a herb-infused Greek yoghurt sauce. These will be loved by kids and adults!

Ingredients

Salmon Cakes

350 g skinless salmon fillet, cut into large chunks

750 g parsnip, peeled and dice

1 x Kernels from fresh corn cob

1 tsp minced garlic

1 Community Co Free Range Egg

1 1/2 cups fresh or dry breadcrumbs

1/2 bunch dill, chopped

2 green onions, sliced

1/4 cup light extra virgin olive oil

1/4 tsp Community Co Salt

Yoghurt Dip

1 cup Community Co Greek Yoghurt
1 tbsp chopped dill and green onion
1 tsp lemon juice

Method:

1. Preheat the oven to 180°C.
2. Stir yoghurt dip ingredients together. Set aside in the fridge.
3. Toss the corn kernels, minced garlic, beaten egg, chopped dill, green onion and breadcrumbs in a medium-sized bowl.
4. Place a steaming basket over a pot of boiling water, steam the parsnip for 5 minutes, then add salmon chunks to the basket and continue to steam both for 4 minutes, take the basket out to cool.
5. Add the steamed parsnip and salmon to the egg mixture, sprinkle with salt. Stir until combined, making a chunky mixture.
6. Form small patties and place them on a baking tray, refrigerate for at least 30 minutes.
7. Bake the patties for 15 minutes on a lined tray, flip and bake for another 5-10 minutes until golden on both sides. Serve with the yoghurt dip.