

Salmon Croquettes



Crispy on the outside, soft and fluffy on the inside. These are the perfect budget friendly appetisers.

Ingredients

400 g canned red salmon, drained and flaked

1 cup frozen mixed vegetables

2 eggs, lightly beaten

1 spring onion, chopped

1 tsp garlic powder

1/4 tsp salt

1/2 tsp smoked paprika

1 medium potato, cooked and mashed

1/4 cup breadcrumbs

For breading:

1 egg, lightly beaten

3/4 cup panko breadcrumbs

extra virgin olive oil spray

Method:

1. For a quick potato mash, peel, dice the potato and place in the microwave covered for 4-5 minutes or until tender enough to mash with a fork.
2. In a large bowl, gently mix the salmon, vegetables, eggs, spring onions, garlic powder, salt, paprika, mashed potatoes and breadcrumbs.
3. Take a tablespoon of the mixture and roll and shape into rounds. Repeat until you have used all the salmon mix.
4. Prepare a small bowl with the whisked egg, and another bowl with the breadcrumbs. Dip the salmon rounds into the egg, then roll in the breadcrumbs until well coated. Set aside on a tray.
5. Heat a large frying pan over medium high heat. Add enough olive oil to coat the base. When the oil is hot, fry the salmon croquettes in batches until golden brown. Transfer to a paper towel lined plate or rack. Alternatively, you can lightly spray with olive oil and bake in the oven at 180C for 10-15 minutes.