



Nourish Recipe

Salmon Fish Cakes

Servings: 4

What you'll need



measuring spoons



measuring cups



blender



large non-stick skillet

Nutrition Facts

Servings 4

Amount Per Serving

Calories 321

% Daily Value

Total Fat 18.7g 24%

Saturated Fat 2.9g 15%

Cholesterol 116mg 39%

Sodium 176mg 8%

Total Carbohydrate 4.3g 2%

Dietary Fiber 1.1g 4%

Sugars 1.5g

Protein 35.3g

Vitamin D 4mcg 19%

Calcium 91mg 7%

Iron 2mg 10%

Potassium 820mg 17%

Ingredients

1 ½ lbs fresh salmon fillets, no skin cubed

1 egg

1 red Thai chili, stem removed

½ red onion, finely chopped

Juice of ½ a lemon

½ cup fresh cilantro

½ inch cube fresh ginger, grated

1 clove garlic, minced

1 tsp soy sauce

1 TBSP sesame oil

2 -3 green onions, chopped

1 TBSP olive oil

Instructions

1. Place the salmon (1 ½ lbs), egg, red chili, red onion, lemon juice, cilantro leaves (½ cup), ginger, garlic (1 clove), soy sauce (1 tsp) and sesame oil (1 TBSP) in food processor or blender. Process until just combined.
2. Stir in green onions (2-3).
3. Shape into 4 large or 8 small fish cakes.
4. Heat the oil (1 TBSP) in a large non-stick pan on a medium-high heat.
5. Add fish cakes. Cook for 2 minutes on each side.
6. Serve with a green salad.

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