

Salmon Rissoles

ACNAS



Serves: 20 (2 per person)

Prep Time: 30 minutes

Cook Time: 20 minutes

Ingredients

- 2.5kg washed potatoes, chopped
- 75g butter
- 4 large onions, finely chopped
- 2kg tinned salmon, drained
- 1 cup parsley, chopped
- 1 cup chives or dill, chopped
- 2 lemons, zested
- pinch of salt and pepper
- 5 eggs
- 2/3 cup milk
- 2.5 cups breadcrumbs
- Oil for frying

Method

1. Boil potatoes until tender and then drain. Return to saucepan or place in a food processor and mash well.
2. In a large frypan, melt butter over medium heat, add onion to pan and sauté until softened.
3. In a large bowl, combine the mashed potato, cooked onion, salmon, chopped herbs, lemon zest, salt and pepper. Mix well and shape into 40 even sized rissoles.
4. In a bowl, whisk together the eggs and milk. Place the breadcrumbs into a separate bowl.
5. Dip rissoles into the egg mixture, and then dip in breadcrumbs until coated.
6. Cover the base of a frypan with oil and cook for several minutes on each side until golden. Alternatively, bake the rissoles in a preheated 180°C oven for 15-20 minutes until golden and cooked through, turning halfway through baking.

Dietitian's notes:

Swap tinned salmon with tinned tuna if preferred. Serve with a garden salad or cooked vegetables. Crumbing the rissoles is optional, as the mixture will still hold together well without the crumb.

Food Group	Serves provided per portion
Vegetables	2
Fruit	0
Grains	0.3
Lean meat and alternatives	1
Milk, yoghurt, and cheese	0