



Best ever salmon patties

Everyone loves a good salmon patty that's crunchy on the outside and flavourfully moist on the inside. These are a lighter, fresher and lower GI take on old-fashioned versions.

Leftovers are great for lunch the next day. These also freeze very well — it's well worth making a double-batch so you always have some on hand for a super-quick meal.

1 large sweet potato — about 600 g
125 g low fat ricotta cheese
Zest of 1 lime
Juice of ½ lime
1 x 415 g can red salmon, well drained and flaked into largish pieces
4 spring onions, white part and some green, finely sliced
(or use a large handful snipped fresh chives)
Large handful continental parsley, finely chopped
A few drops Tabasco sauce, or more to taste
2 tablespoons sesame seeds to coat
1 tablespoon vegetable oil — such as canola or rice bran oil to cook

Scrub the sweet potato well, there's no need to peel (the peel adds extra flavour and fibre). Chop into large cubes and place in a saucepan with cold water just to cover and a little salt. Bring to the boil and cook until soft enough to mash.

Drain well, returning the pan to the stove over low heat for a minute or so to remove excess water. Remove from heat and mash well. Stir in lime zest and lime juice and ricotta cheese until smooth.

Place sweet potato mixture in a mixing bowl and gently fold through salmon. Make sure you include the cooked, edible salmon bones from the canned salmon as these add a delicious crunch and an extra boost of calcium!

Add the spring onions, herbs and Tabasco to taste. Add a little sea salt to taste if needed. If you need any salt, it won't be much because the salmon is reasonably salty.

Form the mixture into 8 patties. If you can refrigerate them for ½-1 hour at this stage, it will help them to firm-up a little — but don't worry if you haven't got time. Coat the patties lightly in the sesame seeds.

Heat a large nonstick pan over medium heat. Add the oil and swirl around the pan, using a pastry brush to help distribute. Add the patties and cook for 3–5 minutes on each side or until crisp and brown.

Serve with a wedge of lime and a large tossed salad.

Nutritional breakdown per serve:

Calories	Carbs (g)	Protein (g)	Fat (g)	Fibre (g)
393	23.5	29.5	20.1	4.7