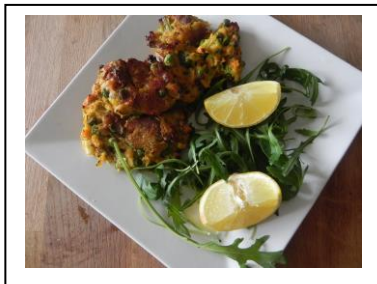


Salmon Patties



SHOPPING LIST:

- Tinned Salmon
- 1 sweet potato
- 80g peas
- 1 teaspoon mixed herbs
- 1 egg
- 1 grated courgette
- 30-70g wholegrain flour (depending on mixture wetness).
- 2 chopped spring onions
- 1 tablespoon olive oil.
- 1/2 lemon
- 2-3 handfuls of rockets

COSTINGS: *£3.28 per meal

NUTRITIONAL INFORMATION (per 380g serving).

Calories: 440 |
Carbohydrates: 52g |
Protein: 23g | Fat: 13g |
Saturated Fat: 2.6g | Salt:
0.61g | Fibre: 10g | Sugar:
18g

DIRECTIONS:

Preparation time:

20 mins

Cook time:

55 mins

Servings:

2 (makes 6 patties)



1. Prepare and chop ingredients.



2. Boil, steam or microwave the sweet potato until soft and mash. Whisk the egg until mixed.



3. Combine all ingredients in a bowl. If the mixture is wet, add more flour, until drier and can hold a shape.



4. Heat oil in a frying pan and fry the patties for 3-4 minutes each side.



5. Alternatively, oil a baking sheet and cook in oven for 20-25 minutes until golden brown (not pictured)



6. Serve with lemon and rocket and enjoy. Makes a yummy lunch, or dinner as something different to beef burgers.

This dish is focused on salmon, which is an oily fish. Salmon is full of a healthy fat called omega-3s which helps our brain cells work happily and helps our mood! Adding peas, spring onion and rocket is an easy way to get in some green vegetables which are important for our brain health. Lemon has vitamin C which helps our body absorb iron from the green vegetables. Sweet potato has vitamin A which is great for our brain, skin, and eye health. This dish is a good source of vitamin d, E, K and B-vitamins, potassium, and calcium, all important for our brain health.