



Fish Cakes

SERVES 4

INGREDIENTS

830g canned salmon, drained, bones and skin removed and mashed (you will be left with about 500g)
2 spring onions, finely chopped
1 tsp finely grated lemon zest
1 tbs finely chopped parsley
½ tsp Worcestershire sauce
1 tsp Dijon mustard
2 eggs
½ cup Tony Ferguson Fibre Powder
1 tbs olive oil

Salad

½ bunch of watercress, trimmed, washed and dried
1 baby cucumber, peeled, halved, deseeded and cut into 1cm slices
1 red grapefruit, segmented (reserve excess juice)
½ red onion, thinly sliced
1 tsp olive oil
Cracked pepper, to season

METHOD

1. Combine all ingredients except the fibre and oil, and form into 12 patties. Refrigerate for 1 hour.
2. Place the fibre in a small bowl and dip the fish cakes into it, coating on all sides.
3. Heat the oil in a frying pan and cook patties until golden on each side.
4. To prepare the salad combine all ingredients in a bowl, including any reserved grapefruit juice.
5. Season with cracked black pepper.

