

# Salmon and quinoa patties

## Ingredients:

- 425g tin wild red salmon, drained and flaked
- 1 cup cooked quinoa or millet
- 1 zucchini trimmed, grated
- ½ cup fresh corn kernels or grated carrot
- ¼ cup grated cheese (optional)
- ½ cup fresh breadcrumbs (your choice of bread)
- 1 egg lightly beaten
- 1/4 cup tomato puree
- small bunch of parsley or other fresh herbs
- 1 tbs tamari (or soy sauce)
- 1 tsp fish sauce
- 1/3 cup rice flour
- Olive oil, ghee or coconut oil for frying



## Method:

Combine all ingredients except rice flour and oil and stir or process in a food processor until well combined. Shape the mixture into balls, flatten slightly and refrigerate for at least 10 mins. Lightly coat patties in rice flour, heat oil in pan and cook in batches over medium heat for 3-4 mins each side until golden and cooked through. Serve with salad and a dollop of minted yoghurt or sour cream.

These are great eaten hot just cooked, or will be delicious as cold lunch patties or as a filling in a wrap.