

TASMANIAN ATLANTIC SALMON PATTIES WITH MANGO & LIME SALSA

serves 4

INGREDIENTS:

400gms Tasmanian Atlantic Salmon fillet, skinned and boned
1 egg white
Tbsp light soy sauce
1/2 tsp grated ginger
2 spring onions finely chopped
1/2 cup fine white breadcrumbs
Light olive oil for frying

Mango & Lime Salsa:

1 lime juiced
Tsp sweet chilli sauce
2 spring onions thinly sliced
1 large mango or medium red papaya
200gms bean sprouts



INSTRUCTIONS:

Finely mince half the Salmon fillet in a food processor.

Whisk egg white, soy and ginger in a bowl and mix through minced Salmon.

Roughly chop rest of Salmon and fold through mixture with breadcrumbs.

Form 4 patties and chill.

Prepare salsa: mix lime and sweet chilli sauce in a bowl.

Stir in spring onions, mango and bean sprouts.

Fry patties in pan with a little oil for 4-6 mins each side until cooked through and light brown.

Serve on boiled rice.

Top with prepared Salsa.

PREPARATION TIME:

15 minutes

COOKING TIME:

20 minutes