Dinner

Thai Style Salmon Patties with Pickled Vegetables

Salmon patties lifted with ginger, red curry paste and lime, cooked in a pan until golden and served on crisp lettuce. A tangy pickled vegetable salad, peanuts and a drizzle of coconut milk finish the plate.



Dairy free

45 min	430	33.4 g	9.8 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 250 g salmon (tinned, frozen or fresh)
- [ ] 250 g cauliflower (frozen or fresh)
- [ ] 100 g frozen peas and corn
- [ ] 70 g coconut flour
- [ ] 1 egg
- [ ] 50 g ginger
- [ ] 50 g red curry paste
- [ ] Bunch of coriander
- [ ] 1 lime
- [ ] 1 spring onion, finely chopped

Pickled veg salad

- [ ] 2 carrots
- [ ] 1 cucumber
- [ ] 1 red onion
- [ ] 1 lettuce
- [ ] 50 g peanuts
- [ ] 200 ml rice wine vinegar
- [ ] Squeeze of low GI honey
- [ ] Drizzle of coconut milk

Nutrition Facts

Per serving

Calories	**430**
Total fat	24.3 g
Saturated fat	Not listed
Sodium	443 mg
Total carbs	33.4 g
Fiber	15.7 g
Total sugars	9.8 g
Protein	26.9 g

Method

- [ ] **1** Peel the carrots and red onion and cut them with the cucumber into thin matchsticks, then toss in a bowl with the rice wine vinegar and a squeeze of honey and set aside to pickle.
- [ ] **2** Chop the cauliflower, simmer until tender, drain well and mash coarsely.
- [ ] **3** If the salmon is fresh or frozen, cook it gently until just done, or drain tinned salmon, then flake it into a large bowl.
- [ ] **4** Grate the ginger, finely chop the spring onion and chop the coriander, keeping a few leaves back.
- [ ] **5** Add the mashed cauliflower, frozen peas and corn, coconut flour, egg, ginger, red curry paste, coriander and spring onion to the flaked salmon.
- [ ] **6** Squeeze in half the lime, mix everything together well and shape into 8 patties.
- [ ] **7** Cut the remaining lime half into wedges and shred the lettuce.
- [ ] **8** Cook the patties in a nonstick frying pan over a medium heat for 3 to 4 minutes each side until golden and heated through.
- [ ] **9** Serve the patties on the shredded lettuce with the pickled carrots, cucumber and red onion spooned alongside.
- [ ] **10** Scatter over the peanuts and reserved coriander, add the lime wedges and finish each plate with a drizzle of coconut milk.

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