



## Asian salmon cakes

Quick, cost effective. You could substitute the salmon for any canned fish. Serves 2; Per serve:  
Cal: 352; Fat: 24g; Pro: 28g; Carbs: 1.8g

**Serves: 2, Prep time: -, Cook time: -**

## Instructions

Preheat oven to 200 degrees, Coat a 12 hole muffin tin with coconut oil or avocado oil. Put the almond meal in a separate bowl and set aside.

Add the eggs, ginger, chilli powder, fish sauce, tamari and sesame oil to a second small bowl or food processor and whisk/blend until mixed.

Add the salmon, courgette and spring onion and mix until blended. Add the coconut flour and mix to absorb some liquid. If necessary, add another 1/2 Tbsp. Add sesame seeds.&nbsp;

Use a tablespoon to spoon fish mixture, roll in almond meal, form patties and place in muffin tin. You can make 12 of them. Spoon a few extra sesame seeds on top of patties.

## Ingredients

- 0.33 cups Almond meal
- 2 Eggs
- 1 tablespoon Grated ginger
- 0.5 teaspoon Chilli powder
- 1 teaspoon Sesame oil
- 1 teaspoon Fish sauce
- 2 teaspoon Tamari (or coconut aminos or gluten free soy sauce)
- 210 grams Can natural salmon, drained and flaked (7.5 oz)
- 1 teaspoon Coconut oil or avocado oil, to coat muffin tin
- 1 Courgette, grated
- 1 Spring onion, chopped finely
- 2 tablespoon Sesame seeds (+ additional to top)
- 2 tablespoon Coconut flour

Bake in oven 20 minutes or until golden and cooked through\*

Serve with tahini/lime sauce and with salad or roast pumpkin and coleslaw