

Snack 1

Salmon fish cake:

A crispy salmon fish cake with coriander and topped with guacamole. Served with a side salad of lettuce, raw grated beets, tomato and capsicum.

LC

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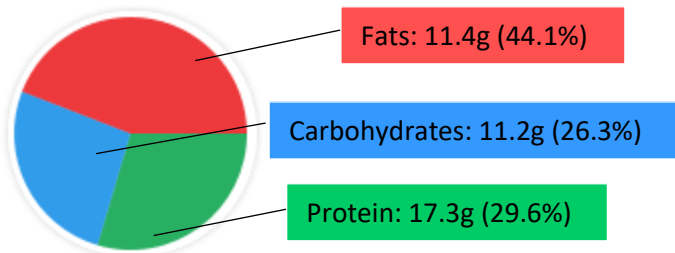
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Ingredients

- 3x tablespoons canned salmon
- 1x tablespoon chickpea flour
- ½ medium raw egg
- 1/8 cup chopped fresh coriander
- 2x teaspoons mashed avocado
- 1x teaspoon olive oil
- ½ cup chopped lettuce
- ¼ cup grated beets
- 2x cherry tomato
- ¼ cup chopped yellow capsicum



See the directions for this recipe and the full nutrition panel on the following page.

Garden produce in this meal



Beetroot



Coriander



Capsicum



Tomatoes




Lettuce

Instructions

1. In a bowl mix your salmon, flour, egg, and coriander. Shape into a patty.
2. Heat your olive oil in a pan.
3. Place your salmon patty in the olive oil once it begins to sizzle.
4. Cook for 5-7mins and then flip and cook for the same time on the other side.
5. Place Lettuce, grated beets, tomato and capsicum on a plate.
6. Top salad with crispy salmon fish cake and mashed avocado.

Salmon fish cakes and salad		
Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	957 kJ	11 %
Protein	17.3 g	35 %
Fat, total	11.4 g	16 %
- saturated	2.1 g	9 %
Carbohydrate	11.2 g	5 %
- sugars	8.8 g	
- lactose	0 g	
- galactose	0 g	
- starches	2.5 g	
Dietary Fibre	4.6 g	15 %
Sodium	133.5 mg	6 %
Vitamin C	80.6 mg	
Vitamin A	680.8 µg	
Calcium	180.8 mg	
Iron	2.2 mg	

*Percentage daily intakes are based on an average adult diet of 8700 kJ.

Per Serving 

Salmon is a great source of omegas which keep the brain healthy and strong. A great grab-n-go meal for students during exam time.