

# Salmon Fish Cakes

## INGREDIENTS

- 1 Tin pink salmon
- 1 Sweet potato (Medium)
- 3 Tbsp coconut flour
- 1 Egg
- 1 chopped onion (optional)
- 1 Chopped red pepper (optional)
- Dill
- Salt and Pepper to taste

## METHOD

Boil sweet potato until soft. Mash sweet potato with salmon, dill, salt and pepper. Add onion and peppers if desire (I always do). Taste the mixture to adjust any seasoning.

Add the egg and coconut flour to mixture.

Shape patties into desired size and rest in fridge for 15 min.

Fry patties in butter/coconut oil until golden brown.



FROM THE  OF: Cornia