

INGREDIENTS

1 WHITE ONION, FINELY
CHOPPED

700G POTATOES, PEELED AND
CHOPPED

1 CARROT, FINELY CHOPPED

100G PUMPKIN, GRATED

100G ZUCCHINI, GRATED

2 X 210G CANNED PINK SALMON,
DRAINED, SKIN AND BONES
REMOVED

2 TBSP PANKO BREADCRUMBS

SALT AND CRACKED BLACK
PEPPER

EXTRA FLOUR, FOR DUSTING

2 EGGS, LIGHTLY BEATEN

2 CUPS PANKO CRUMBS, EXTRA
CANOLA OIL, FOR SHALLOW
FRYING

METHOD

1

Place the potatoes in a large saucepan of salted water. Bring to the boil and cook until soft then remove from the heat, drain and set aside to mash and transfer to a large bowl.

2

Heat a little oil in a large non-stick frying pan over medium heat. Add the onion and carrot and cook for 6-8 minutes or until softened, then add the pumpkin and zucchini. Cook for another 2 minutes then remove from the heat and add to the potato.

3

Stir the salmon into the vegetables along with the two tablespoons of breadcrumbs. Season well.

4

Take 2 tablespoons of mixture and shape into a log shape. Repeat with remaining mixture. Place on a baking tray and refrigerate for 15 minutes.

5

Remove tray from fridge, gently dust with flour, dip in egg then coat in breadcrumbs. Place on a baking tray again and place in freezer for another 15 minutes.

6

Heat 1cm oil in a large non-stick frying pan over medium heat. Cook the salmon fingers over 5 minutes or until golden. Remove from the pan and drain on a paper towel. Serve with salad.

NOTE - Substitute tuna instead of salmon

-INVISIBLE- FISH FINGERS

SERVES 4

