

Cheese and Chive Salmon Cakes with Steamed Citrus Scented Rice Served with Oriental Stir Fry Vegetables

INGREDIENTS

Fresh Salmon Diced – 400g
Parmesan Cheese – 2tbls
Fresh Ginger Finely grated – 15g
Whole Egg – 1
Spring Onions sliced thinly – 125g
Fresh White Breadcrumbs – 100g
Vegetable Oil – 50ml
Long Grain Rice cooked – 200g
Fresh Lemon cut in half – 1
Light Soy Sauce – 75 ml
Red Pepper thinly sliced – 1
Green Beans or Broccoli – 100g

Method

1. Place the salmon into a steamer or oven at 180c for 8 minutes or until thoroughly cooked
2. Place the cooked rice and squeeze the lemon onto the rice and steam for 10 minutes until piping hot
3. When the salmon is cooked place carefully into a food processor with the egg, breadcrumbs, parmesan cheese and the green part of the spring onion, blend until thoroughly mixed, divide into 4 and pan fry each side in a frying pan with half the oil until golden brown
4. In a wok or saucepan pour the remainder of the oil and heat, add the ginger stir gently being careful not to burn, add the red pepper remainder of the spring onion and green beans or broccoli and stir fry for 2 minutes add the light soy sauce and stir.
5. Place the hot rice into a small teacup or ramekin and turn out onto a plate just on the side, place the fish cake on the plate with the stirfry.

Serves 4 portions