

Salmon and quinoa fishcakes

- 2 salmon fillets, cooked and cooled
- 100g cooked quinoa
- 2 eggs
- 2 garlic gloves, crushed
- Zest of 1 lemon
- 1 green pepper, diced
- 2 tbsp olive oil
- 1 lemon cut into wedges to serve

Place the salmon, quinoa, eggs, garlic, zest and peppers into a bowl and mix well.

Divide the mixture into 4 patties and chill in the fridge for at least 15 mins. Heat the oil in a pan and fry in a small amount of oil for approx. 4-5 mins on each side.

Serve with a large salad, some homemade coleslaw and a wedge of lemon.