



## SALMON PATTIE STACKS

### **Salmon Patties (makes approx. 8 / 2 per serve):**

- 1 tin pink or red salmon, drained (185g/200g)
- 2 eggs
- 2-3 tablespoons coconut flour
- 1 large brown onion diced
- 1 medium capsicum diced
- 1 large carrot grated
- 2 gherkins diced
- ½-1 cup sweet potato mashed
- Salt, pepper and smoked paprika to taste

### **Stack:**

- Either 1 large sweet potato cooked and sliced lengthwise OR 3 slices of grilled eggplant (per serve)
- Baby spinach leaves
- Avocado sliced
- Sliced cheddar cheese or cashew cheese
- Snow pea sprouts

### **Salsa side serve (serves 4):**

- 1 cup corn (from fresh corn cob)
- 1 punnet cherry tomatoes, halved
- 1 medium red onion finely chopped
- Fresh coriander chopped

In a frypan heat 1 teaspoon of extra virgin olive oil or coconut oil - lightly cook the diced onion, diced capsicum until see through then add in the shredded carrot for about 20-30 seconds – place into a mixing bowl with all the remaining pattie ingredients and mix well – roll into balls about the size of golf balls – heat a tablespoon of extra virgin olive oil or coconut oil in a frypan – place the balls into the pan and press down with your fingers to your desired thickness – cook through on both sides and place onto a paper towel once cooked.

Whilst the patties are cooking, mix all the salsa ingredients into a bowl and set aside.

Next start to build your stack for each serve: Start with either your cooked sweet potatoes or grilled eggplant placed centred on a plate – next top with baby spinach leaves on top – then 2 salmon patties salmon patties – if you are having cheddar cheese place this on top of each pattie – followed by a layer of sliced avocado – if the cashew cheese is your thing, place a dollop on top of each stack – dress with some snow peas.

Finish off with a side serve of the Salsa placed next to the stacks on each plate.

### **TIPS :**

- Try mashing your avocado with some feta cheese, rather than sliced avocado
- Drizzle a good quality chilli sauce over the top for a little zing

*Enjoy!!!*