

Delicious Dinners

Salmon Surprise



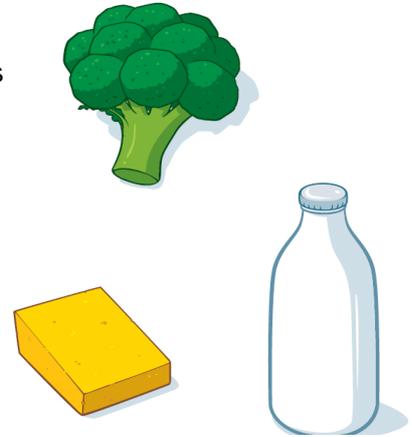
Broccoli and Salmon Bake

Ingredients:

150 grams salmon steak
1 onion
1 teaspoon olive oil
20 grams butter
20 grams plain flour
150ml milk
50 grams parmesan
150 grams broccoli
2 carrots
6 cherry tomatoes

Equipment:

Oven and oven gloves
Knife
Chopping board
Oven proof dish
Cheese Grater
Saucepan
Spoon



Recipe:

1. Preheat the oven to 220°C.
2. Peel and cut carrot into batons. Cut broccoli into florettes. Steam carrots and broccoli.
3. Finely dice onion and halve cherry tomatoes.
4. Gently fry the onions in the oil in a saucepan and cook until soft. Stir in the butter and the flour.
5. Mix thoroughly, cooking on a low heat for one minute.
6. Gradually pour in the milk until everything is combined. Cook for two minutes.
7. Grate cheese and add half of it to the sauce.
8. Pan-fry the salmon steak for one minute on each side.
9. Lay the salmon steak in a small oven-proof dish.
10. Add the broccoli, carrots and cherry tomatoes to the dish.
11. Pour over the sauce and top with the rest of the cheese.
12. Bake in the oven for 10 minutes or until golden brown and bubbling.

Salmon and Sweet Potato Fishcakes

Ingredients:

1 small can of salmon
2 medium sized sweet potatoes
4 spring onions
1 garlic clove
1 egg
Black pepper
Milk
Breadcrumbs

Equipment:

Oven and oven gloves
Can opener
Knife
Chopping board
Mixing bowl
Pan
Potato peeler
Potato masher
Plate
Baking tray

Method:

1. Pre-heat the oven to 180°C.
2. Peel and chop sweet potato. Boil till tender, drain and mash.
3. Finely chop onion and thinly slice spring onion.
4. Drain the salmon and mash it in a mixing bowl.
5. Add the potatoes, onion and garlic to the salmon.
6. Lightly beat egg and add to potato and salmon mix to bind the ingredients.
7. Season with black pepper.
8. Divide the mixture into 6 – 8 small round balls. Flatten between your hands to form a cake.
9. Dip cake into milk – coat. Dip into breadcrumbs to fully coat.
10. Place cakes on a baking tray and bake for 10 – 12 minutes or until golden and crisp.

