

Salmon Fishcakes, Salad, Spiral Sweet Potatoes



Ingredients

- 500g peeled, cooked and mashed (no butter or milk) potatoes
 - 1 large tin of salmon (drained)
- 1 bunch of spring onions finely chopped
 - 1 finely chopped red chilli (discard seeds and membrane if you don't like it hot)
 - Zest of half a lime
 - 2 tbsp plain flour
 - 1 beaten egg
- 115g golden breadcrumbs
 - Salt and pepper
 - Oil for frying
 - Salad

For the spiral sweet potatoes

- 4 sweet potatoes
 - 4 tbsp butter
- 50g grated mature cheddar cheese
 - 1 tsp garlic powder
 - 1 tsp cumin powder
 - 1 tsp paprika
- 1 tsp chilli flakes or powder

Methods

1. Fry the chilli and spring onions in a little oil for one minute.
2. Remove from heat and place in a large bowl.
3. Add the potatoes, salmon, lime zest and salt and pepper. Mix well using your hands to combine.
4. Shape into patties as small or big as you like.
5. Dip in the flour, then beaten egg then breadcrumbs.
6. Heat a little oil in a frying pan and fry on both sides until golden brown. These are already cooked so you're just wanting them warm and coloured.
7. Serve with the spiral sweet potatoes and salad.

Let's make spiral sweet potatoes

1. Wash and prick the potatoes all over with a fork or sharp knife then microwave on high setting for 3-4 minutes.
2. Melt the butter in the microwave (1 minute) and coat 4 metal skewers with it then insert the skewers lengthways into the potato.
3. With a sharp knife cut through the potato at an angle till you reach the skewer, slowly rotate the potato, and continue to cut until you reach the other end of the potato (it's a bit fiddly but don't worry if you can't get thin slices) this will resemble a spiral.
4. Place the potatoes on tinfoil or a baking sheet and gently separate the slices evenly if you can and brush all over with the melted butter, rotating to get them all covered.
5. Combine all the dry ingredients in a bowl and spoon over the potatoes, rotating to cover them evenly.
6. Bake in the air fryer for 40 minutes - 180° (or mains oven 200°) turning over after 20 minutes.
7. Remove the skewer and garnish with extra cheddar and some chopped parsley.