

Salmon Fish Cake



Ingredients	Quantity	Your recipe
Celeriac, peeled, finely diced	100g	
K-Quik	25g	
Butter	10g	
Olive oil	4g	
Salmon, skin removed, boneless, finely chopped	30g	
Egg, beaten	10g	
Mixed herbs, dried	2 pinches	



Method

1. Preheat oven 200°C/fan 180°C/gas mark 6.
2. Add celeriac to a saucepan, cover with water. On a high heat bring to a boil, reduce heat to simmer for 10-15 minutes or until soft, drain well.
3. Add celeriac to a bowl with **K-Quik** and butter, blend to a smooth mash.
4. Heat oil in a frying pan over a medium heat. Add salmon and fry for 5 minutes, until cooked.
5. Add salmon, egg and mixed herbs to celeriac mash and mix thoroughly.
6. Line a baking tray with greaseproof paper. Place a scone cutter on to the lined tray and spoon fish cake mixture in, then remove scone cutter before placing in oven.
7. Bake in oven for 25-30 minutes (don't allow fish cake to get crispy).
8. Once cooked, mash with a fork and serve.

For alternative textures...

Below you'll find guidance on how to achieve a different texture for this recipe, if required.

Always check with your dietitian about what is best suited to your requirements.



1. Repeat steps 1-7 of IDDSI level 6 method.
2. Transfer to a jug, add 40ml boiled water and blend until a smooth thick purée is achieved.



1. Repeat steps 1-7 of IDDSI level 6 method.
2. Transfer to a jug, add 80ml boiled water and blend until smooth.



• **Use an alternative type of fish to salmon for a change!**
Note: This may affect the ratio, so always check.



K-Quik is a food for special medical purposes and must be used under medical supervision. This recipe has been specifically designed for use in a ketogenic diet.

Refer to labels for allergens and other product information.



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