

Salmon Patties

Ingredients

1 cup Panko breadcrumbs
1 small onion (or 1/2 large), grated
1 garlic clove, finely minced
400 g cooked fresh salmon OR canned red or pink salmon, drained
2 shallots / scallions / green onions, finely sliced
1/3 cup fresh dill, roughly chopped (or 1 tsp dried herbs of choice)
2 eggs
1/2 cup parmesan, grated or shredded
1/4 tsp each salt and pepper
2 tbsp vegetable oil
Oil spray

Method

Preheat oven to 220C standard (200C fan)

Place breadcrumbs in a bowl. Grate over onion, including juices.

Mix onion into breadcrumbs, ensuring all breadcrumbs are soaked.

Add remaining ingredients except salmon. Mix well.

Add salmon. Stir through gently, leaving flakes of salmon (rather than vigorously mixing salmon into tiny pieces).

Scoop up 1/4 cup mixture (level, packed standard ice cream scoop).

Form round patties about 1.5 cm/ 2/3" thick and set aside.

Drizzle oil all over tray. Place in oven for 2 minutes until hot - oil will spread over tray. Tilt tray to spread if needed.

Place patties on tray - DO NOT press down (makes them stick on tray). Spray surface with oil spray.

Bake 15 minutes. Flip, spray surface with oil spray, bake 5 minutes.

Serve with sour cream or yoghurt on the side for dipping / dolloping, and extra fresh dill if desired.