

Crispy Salmon Fritters

Makes: 12-14 small fritters



INGREDIENTS

2 tins of salmon, drained
½ a cup of breadcrumbs
¼ cup of plain cream cheese
3 Tbsp chopped dill
3 Tbsp chopped chives
Salt & Pepper, to taste
2 eggs
2-3 Tbsp Olive oil

Sour cream, to serve
Chopped chives, to serve
Lemon wedges, to serve



METHOD

1. In a large mixing bowl, add the salmon, breadcrumbs, cream cheese, dill, chives, salt & pepper, eggs and mix well (if the mixture is looking too wet, add a few more breadcrumbs).
2. Heat the oil in a non-stick frying pan and add tablespoonfuls of the mixture to the pan and fry for 2-3 minutes per side, or until golden.
3. Drain on absorbent kitchen paper.
4. Serve the fritters with dollops of sour cream, chopped chives and lemon wedges.

Nutrition Facts

Serving size: 90 g

Energy (kJ)	802
Protein (g)	16
Total Carbohydrates (g)	8
Fat (g)	11
Fibre (g)	0.5
Calcium (mg)	113



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