



## *Holiday salmon cake (serves 3)*

### Equipment:

Pirex or any non-plastic microwave safe container 800 ml—950 ml (4 cups size),  
a plate to cover & microwave

### Ingredients

Tin salmon (about 400g)

3 tablespoons besan flour

2 tablespoons coconut flour

¼ cup coconut cream

¼ cup milk of your choice

(rice, almond, oat, soy etc.)

1 teaspoon of each spice \*see note

ground ginger

turmeric

fennel seeds

paprika

½ teaspoon ground cumin

Salt & pepper to taste

Green vegetable & sauces to serve

Note: Use spices that are available in your holiday situation. (or take some with you when you go on holiday.)



### Direction

- 1) Drain the salmon well.
- 2) Mix everything in a Pirex.
- 3) Flatten with a fork or anything available.
- 4) Cover the Pirex with a plate and microwave for 4-5 minutes or until its edges become light brown.
- 5) Serve with salad and some sauce.