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Because the first Wealth, is Health!

# Salmon Fishcakes



415g Can pink salmon  
2 Spring onions, finely chopped  
1 teaspoon fresh ginger, grated  
1-2 Tablespoons olive oil  
4 Potatoes peeled and quartered  
1 egg white  
Handful of breadcrumbs (grate 1 slice of bread)  
Salt and milled pepper



Boil potatoes until soft, drain and mash with olive oil, salt and pepper. Set aside. Preheat oven to 200C. Drain the salmon, remove any skin and combine with spring onions, mashed potato and ginger. Mash with a fork to create rough paste. Season well. Dollop about 1 heaped tablespoon of the mixture into your hands and shape into patties. Line a baking tray with foil and oil well to prevent sticking. Brush of both sides of salmon cakes with egg white. Bake for 15 minutes until golden and serve with lemon wedges and a green salad.

**\*\* Two teaspoons of Wasabi can be added to the Salmon mixture \*\***

Enjoy with a Thermojetics herbal beverage served hot with two slices of ginger. (available through us).

## Who do you know that needs to get a health result?

If you know anyone who could benefit from our products, please let me know.

Run your own weight loss challenge – Agents Needed!