



AIR FRYER SALMON FISH CAKES

What you'll need:

- 250g baby potatoes, such as baby desiree
- 2 tins Ocean Pink Salmon, drained & flaked
- 125g Craft Sweetcorn Whole Kernels, drained
- 40g (1/2 cup) grated cheddar
- 2 green shallots, thinly sliced
- 1 egg, lightly whisked
- 35g (3/4 cup) Craft Panko crumbs

How to make:

- Preheat oven to 200°C
- Season chicken pieces with salt, pepper, paprika and dust with flour
- Heat oil in sauce pan, brown chicken pieces to golden colour and place in a bowl
- In the same sauce pan, add the onions and capsicum - cook till soft
- Add the tomatoes, simmer for 3 minutes
- Add mushrooms and simmer for another 3 minutes
- Mix mushroom soup powder with water and add to the mixture
- Place chicken in a single layer in a casserole dish, pour the warm mixture over
- Cover with foil and bake for 60 minutes
- Sprinkle with parsley

