



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

### SALMON BITES

**Time: 30 minutes**

**Serves: 4**

#### **Ingredients:**

500g fresh salmon fillet - cubed  
3 green onions – roughly chopped – root portion discarded  
1 clove garlic - finely chopped or grated  
50g red bell pepper – roughly chopped  
1 egg  
15g fresh lemon juice  
5g arrowroot powder  
3g kosher salt  
0.5g fresh ground black pepper  
30g grapeseed or other neutral-tasting cooking oil

#### **Preparation:**

Place a large frying pan on medium heat.

Place all ingredients except oil into a food processor and pulse until finely chopped.

Add some of the oil to the pan and when it's hot, use a tablespoon to spoon balls of salmon mixture into the pan. Flatten each of them to form small patties.

Cook for two minutes per side and repeat with remaining oil and salmon.

Serve warm.

#### **Nutritional Information Per Serving:**

Calories: 280  
Fat: 20g  
Carbs: 3g  
Fibre: 0.6g  
Protein: 22g