



Immune boosting recipes by

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Salmon & broccoli fishes

Makes 12 Fishes

Ingredients

75g broccoli florets

100g cold mashed potatoes

$\frac{1}{2}$ carrot, peeled and grated

2 spring onions, chopped

250g salmon fillet, diced

20g panko breadcrumbs

40g parmesan, grated

1 tbsp dill, chopped

25g Panko breadcrumbs for coating



Method

1. Preheat the oven to 180C Fan.
2. Steam the broccoli for 4 minutes. Leave to cool.
3. Put the mashed potato, broccoli, carrot, spring onion, salmon, 20g Panko breadcrumbs, parmesan, and dill into a food processor. Season lightly. Whizz until finely chopped.
4. Spoon some of the mixture into a small fish shaped cutter. Press down. Coat the fishes in the extra panko crumbs on both sides.
5. Place on a greased baking sheet.
6. Bake for 15 to 18 minutes turning over halfway through the cooking time.