

# Salmon Cakes

## Ingredients

400g salmon  
1 large egg  
1 tbsp of minced or chopped onion  
20-40g oatmeal  
2-3 tbsp vegetable oil

## Method

Gently cook salmon in a pan  
Allow to cool  
Chop or mince onion  
Beat the egg  
Put the cooked salmon in a bowl and break it up with a fork  
Add onion, egg and oatmeal a little at a time until you have a firm consistency  
Shape the mix into patties  
Heat the oil in a frying pan and add the patties.  
Brown gently on both sides  
Remove very carefully from the pan and drain on kitchen paper  
Cook the next batch  
Serve hot with watercress or fresh vegetables  
Enjoy!