



Salmon slice

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Serves 5 (2 adults & 3 kids)

Cost per serve \$5.63

Hands-on time 15 min

Cooking time 25-30 min

✓dairy-free

✓diabetes-friendly

cooking oil spray

250g packet microwaveable brown rice

5 green onions, thinly sliced  
1 tablespoon herbs (like chives or parsley), finely chopped

1 lemon, zested

2 tablespoons tomato chutney

1 carrot, peeled, grated

1 tomato, very finely diced

½ cup dried breadcrumbs

415g can red salmon in spring water, drained (tuna also works well)

4 eggs, lightly whisked  
freshly ground black pepper  
5 cups of their favourite steamed vegies, to serve

**1** Preheat oven to 180°C. Spray a 20cm-round cake tin with oil and line the base with baking paper.

**2** Prepare rice according to packet instructions. Pour into a large bowl and allow to cool slightly.

**3** Add onion, herbs, lemon zest, chutney, carrot, tomato and breadcrumbs. Break up the salmon and add to bowl.

**4** Add eggs to bowl. Season with black pepper and mix everything together well. Press mixture into cake tin, spray with oil and bake for 25-30 minutes,

or until golden and firm. Leave in pan for 5 minutes before carefully turning out. Cut into wedges and serve with steamed vegies.



### TIPS

- This slice is great the next day. Simply reheat in the oven, sprinkled with cheese.
- The salmon bones are a great source of calcium so leave them in, but crush them up with a fork.



#### PER SERVE (incl. 1 cup steamed veg)

1627kJ/389cal	Sugars 5.9g
Protein 26.9g	Fibre 4.9g
Total Fat 16.3g	Sodium 260mg
Sat Fat 4.2g	Calcium 216mg
Carbs 30.7g	Iron 2.7mg