



Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

Salmon Cakes & Slaw

Ingredients

Salmon Cakes

Sockeye Salmon, Egg, Bob'd Red Mill GF Flour, Shallot, Lemon, Tapatio, Garlic Powder, Turmeric, Paprika, Salt, Pepper, Coconut Oil

Grocery Items

Sushi Rice

Produce

Parsley
Shallot
Shredded Cabbage

Slaw Dressing

Mayo, Lemons, Tapatio, Garlic Powder, Paprika, Turmeric, Salt, Pepper

CAL 514

FAT 18g | CHO 72g | PRO 17g

Directions

Measure then rinse sushi rice pour into pot with lid and add 2 times the amount of water plus a pinch of salt. Bring to a boil, reduce to a simmer, cover and set timer for 20 minutes. Remove from heat and let stand for 10 minutes.

Reheat salmon cakes in a pan over medium heat, 3-4 minutes on each side. OR, place on a baking sheet and bake at 350 for 5-8 minutes.

Dice the shallot and roughly chop parsley. Combine these with the shredded cabbage for the slaw.

Toss dressing with slaw.

Build your bowls: sushi rice, slaw and salmon cakes. Enjoy!