

Ingredients

- 3 baked potatoes
- 180g salmon fillet, diced
- 1 red chilli
- 3 cloves of garlic
- Zest of 1 lemon
- Panko breadcrumbs
- 1 packet of salt & vinegar crisps
- 1 egg
- Flour for dipping
- ½ fennel head
- 2 tbsp capers
- 3 tbsp mayo
- 3 gherkins
- Half an onion

Method

Preheat oven to 185 degrees.

Sweat down the onion with crushed garlic and chilli in a frying pan.

Cut jacket potatoes in half and scoop out the middle into a bowl (save the skins for something else). Mash the potato with a fork and season. Add the lemon zest.

Once the onion mix has sweated down add to the potato mix. Add diced salmon and mix. To help it bind add a small amount of bicarb.

Crush up salt & vinegar crisps and mix with the panko breadcrumbs in a bowl.

Separate the mix into four large balls, and flatten. Leave in the fridge for 15-20 mins.

Dust the fishcakes in flour, then dip in a beaten egg and coat in breadcrumbs.

Heat up a non-stick frying pan with oil and a knob of butter.

When the butter begins to foam add the fish cakes. The pan needs to be hot enough to fry the outside, but not too hot that it cooks too quickly and doesn't heat through. Keep an eye on it and adjust the temperature if needed.

Chop the fennel into large chunks, place in bowl, salt well and leave to one side for 5 minutes. Then add capers, gherkins and mayo. Give it a good stir. Season well.

When the fishcakes have a good colour on them, pop in the oven for 5 minutes.

Serve the fishcakes on top of the fennel salad.