

# CORN CAKES WITH SMOKED SALMON

BREAKFAST • SERVES 4 • PREPARATION TIME: 20 MINUTES • COOKING TIME: 10 MINUTES

SERVING SIZE 237 G • ENERGY 2410 KJ • FAT 36.8 G • CARBOHYDRATE 37.4 G • SODIUM 1040 MG

*The sweetcorn in this recipe ups the nutritional value, as it's a good source of fibre and antioxidants. You can also serve the cakes with a tomato and avocado salad to make a delicious light lunch. If you are coeliac or gluten intolerant, use gluten-free flour instead of the wholemeal.*

## CORN CAKES

1 cup wholemeal flour  
1 cup corn kernels (fresh or frozen)  
1 red capsicum, finely chopped  
1 red chilli, finely chopped  
2 x 60g organic eggs  
1 bunch fresh coriander, finely chopped  
extra virgin olive oil, for frying  
½ red onion, finely chopped  
sea salt flakes and ground black pepper

## TOPPING

½ cup aioli (see page 92)  
125g thinly sliced smoked salmon  
1 bunch chives, snipped

- Place all the corn cake ingredients in a mixing bowl and combine well.
- Heat the oil in a shallow frying pan over medium heat and cook tablespoons of the corn cake mixture for 3–5 minutes, turning once, until the corn is cooked and the cakes are golden brown. Drain on paper towels. Continue frying the corn cakes until all the ingredients are used. Allow the corn cakes to cool.
- Top each corn cake with a little aioli, salmon and snipped chives.

