SALMON AND COCONUT CAKES WITH LEMON CREAM SAUCE

Lunch 2 - Serves 4
Prep Time: 15 minutes   Cook Time: 20 minutes

INGREDIENTS

3 cups cooked and flaked salmon

1 large egg, beaten

Sea salt/pink Himalayan salt to taste

Pepper to taste (if tolerated)

1 tablespoon chopped parsley

1 medium shallot, minced

1 cup unsweetened coconut flakes

1 tablespoon almond flour

½ teaspoons garlic powder

1 tablespoon coconut oil

3 tablespoons lemon juice

2 teaspoons grated lemon zest

½ cup full fat coconut milk

1 clove garlic, minced

1 teaspoon dried dill

INSTRUCTIONS

1) Preheat oven to 350 degrees
2) In a large bowl, mix the first 8 ingredients (salmon through garlic powder). Form salmon mixture into patties.
3) In a large skillet over medium heat, heat coconut oil. To the skillet, add the salmon patties and brown on each side for 5 minutes, until golden brown
4) In a large baking dish, place the salmon cakes and place in the oven. Cook for 10 minutes, until the centre of the cakes are warm.
5) In a small bowl, whisk together the remaining ingredients with salt and pepper. Drizzle the sauce over the patties and serve