

# Brown Rice Salmon Cakes

**Serves:** 5  
**Prep:** 20 mins  
**Cook:** 10 mins



**Dietary:** GF, NF, DF  
**Allergens:** Fish, Egg, Soy  
**Age group:** 8 months+

**MindChamps**<sup>®</sup>

early learning • preschool • kindergarten

# Brown Rice Salmon Cakes

## Ingredients

- ½ cup brown rice, rinsed and drained (or 1 ½ cups cooked brown rice)
- ¼ cup (60ml) extra virgin olive oil, for frying
- 4 spring onions, rinsed and finely chopped
- 2 garlic cloves, peeled and finely minced
- 425g salmon, no skin and bones
- 2 tbs brown rice flour
- 1 egg
- 2 tbs coriander, rinsed and finely chopped
- 1-2 tbs tamari

## Method

1. Cook brown rice according to packet instructions. Cool completely.
2. Heat 2 tsp of oil in a large frying pan over medium heat and cook onions and garlic for 2 minutes or until softened.
3. Add salmon and cook for 2-3 minutes from both sides until golden. Place in a large bowl and allow to cool completely.
4. Once the rice and fish mix have cooled down, add the rest of the ingredients and mix well.
5. Shape mixture into small patties, place on a plate and refrigerate for 30 minutes.
6. Heat the remaining oil in the frying pan over medium heat and cook patties for 2-3 minutes on each side or until golden brown and cooked through.
7. Serve with fresh salad or cooked vegetables and a dip of choice on the side like tzatziki and enjoy!

**Storing leftovers:** Store in an airtight container in the fridge for up to 3-4 days or freeze for up to 4 months.

## Tips

- ✓ **Prep Tips:** A great way to use up leftover rice.
- ✓ **Allergies:** For an egg-free version: Swap egg for a store bought egg replacer or use a flax egg (1 egg = 1 tbsp flaxseed meal + 3 tbsp water) or chia egg (1 egg = 1 tbsp chia seed meal + 3 tbsp water).
- ✓ **Easy Ingredient Swaps:** Swap salmon for canned tuna.
- ✓ **Steps for Children:** Children can help measure out and combine the fish cake ingredients. Children can use their hands to shape the mixture into patties and cook with adult supervision.