

45 minutes

Serves 4

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Ingredients:

- Salt and milled pepper
- 1 packet (200g) fine green beans
- 1 packet (120g) sugar snap peas
- ½ packet (150g) baby spinach
- 500g fresh salmon, cubed
- 2 Tbsp (30ml) PnP garlic and ginger paste
- 2 Tbsp (30ml) low-sodium soy sauce
- 2 Tbsp (30ml) lemon juice
- 6 spring onions, finely sliced
- 2 eggs, whisked
- ⅓ cup (80ml) wholewheat flour
- Olive oil spray
- 1 Tbsp (15ml) sesame oil
- Handful fresh coriander, chopped
- Ruby microgreens and sliced radishes, for serving

Method

1. Bring a pot of salted water to the boil.
2. Blanch beans and peas until tender and place in ice water.
3. Blanch spinach until just wilted and add to ice bath. Cool and drain veg.
4. Combine salmon, ginger and garlic paste, soy sauce, lemon juice, spring onion, eggs, flour, salt and pepper together.
5. Spray a pan with olive oil and heat over a medium-high heat.
6. Fry spoonful of salmon mixture until golden on both sides. Remove and set aside.
7. Heat sesame oil and stir-fry vegetables until heated through.

8. Top fritters with stir-fried greens, microgreens and radish slices.
9. Serve.

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