



Macula Menu



Our focus is your vision

Salmon and red lentil rissoles

Makes 6 rissoles (Serves 3)

Ingredients

- 1 large tin salmon (420gm)
- 1/4 cup red lentils
- 1/2 cup water
- 1 egg
- 2 slices multigrain bread (crusts removed and chopped finely)
- 1/2 onion (finely chopped)
- 2 teaspoons sage or rosemary (finely chopped)
- 2 tablespoons olive oil

Please turn over

Method

1. Add the lentils and water to a saucepan and bring to the boil. Reduce to simmer until all water is absorbed. Set aside and allow to cool.
2. Drain tinned salmon and remove salmon skin. Add to mixing bowl.
3. Add onion, bread, egg and herbs to salmon. Mix well.
4. Add lentils to bowl and mix all ingredients well.
5. Divide the mixture into six flat patties.
6. Heat oil in a large frying pan and cook the patties for around 7 minutes on each side or until golden and cooked through.
7. Serve with a leafy green salad (with baby spinach, of course!)

Tip! Leftovers can be frozen for those times you just don't feel like cooking!

Submit your recipe to the Macula Menu

Email

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Post

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Thank you to Fusae from NSW for sharing this delicious recipe.