



ALLERGIES:

No grains
No dairy
No gluten
Low disaccharides

Prep time: 10 mins **THEN** fridge time 1 hour

Cook time: 10 mins

Makes: 8-10 croquettes

INGREDIENTS

- CROQUETTES
- 1 x 400g can pink salmon
- 1/2 cup spring onions, chopped finely
- 2 eggs
- 1 clove garlic, crushed
- 1/2 tsp salt
- 1/4 tsp smoked paprika
- 1 tbsp coconut aminos
- juice of half lemon or lime
- 1 tsp dill
- 1/4 cup almond meal



- CRUMBS
- 4 - 6 tbsp coconut oil
- 1/3 cup desiccated coconut
- 1/3 cup almond meal

METHOD

- Place all croquette ingredients into blender and blend in bursts, until mixture is combined, but not completely smooth.
- In a separate bowl combine almond meal and desiccated coconut for crumbing.
- Scoop spoonfuls of mixture and form into log shapes, then coat firmly in crumbs.
- Refrigerate for at least one hour (I prepare these the day before and leave in the fridge covered, overnight).
- Add oil to frying pan, heat and then fry croquettes for about 5 minutes on each side, until cooked and brown.
- Serve with [zucchini pasta](#), salad or [cauliflower rice](#).