

## Curried Salmon Balls

Preparation time	<b>15 minutes</b>
Cooking time	<b>15 minutes</b>
Servings	<b>4 servings of 4 balls per person (makes 16 balls)</b>
Cost per serving	<b>\$1.61</b>
Storage	<b>3 days in the fridge. Can be frozen.</b>
Kitchen tools	<b>Can opener, measuring cups and spoons, cutting board, sharp knife, vegetable peeler, grater, small bowl, fork, baking sheet, parchment paper (or oil), large bowl</b>



## Ingredients



2 cans (2 x 213 g) **pink salmon**, drained



60 ml (¼ cup) **breadcrumbs**



1 **egg**



2 **garlic** cloves, peeled and minced



1 **carrot**, peeled and grated

*THAW IN THE MICROWAVE FOR 1 MINUTE AND PRESS WITH A FORK TO GET RID OF THE EXCESS WATER.*



2 **frozen spinach** nuggets (about 80 ml/⅓ cup), thawed and well-drained



10 ml (2 tsp) **mustard**

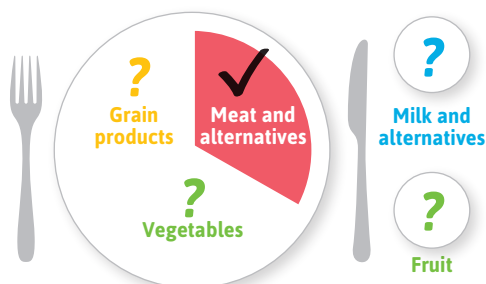


5 ml (1 tsp) **curry powder**



**Salt, pepper** and **Tabasco-style hot sauce**, to taste

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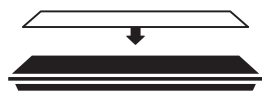


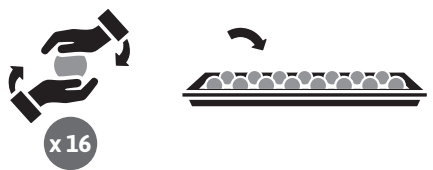



## Balanced plate

Serve with:

- ? A grain product (pasta, rice or a submarine bun, for example)
- ? Vegetables (salad or cooked vegetables, for example) and a fruit
- ? A glass of milk or fortified soy beverage

# Directions

1	Place oven rack in the middle position and preheat the oven to 180°C (350°F). Oil a baking sheet or cover with parchment paper.	  <p>180°C (350°F)</p>
2	Pour the contents of both cans of <b>salmon</b> into a large bowl. Remove the skins with your fingers. Do not remove the bones and cartilage — simply crush them between your fingers.	
3	Add the <b>breadcrumbs, egg, garlic, carrot, spinach, mustard, curry powder, salt, pepper</b> and <b>hot sauce</b> . Mix with a fork.	
4	With your hands, take a small amount of the salmon mixture and make 16 balls. Place the balls on the baking sheet.	 <p>x 16</p>
5	Bake for about 15 minutes.. <b>Tip:</b> Use the cooking time to prepare your side dishes. <b>Variation:</b> You can serve this dish many ways: On rice or pasta with vegetables, as an appetizer with tartar sauce (see our Sole Fillets with Tartar Sauce recipe at <a href="http://www.olo.ca">www.olo.ca</a> ), or even in a submarine sandwich!	 <p>00:15</p>

My rating: ★ ★ ★

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This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition