



Thai Salmon Fishcakes with Asian Noodles



Great Because...

The fresh flavours in this meal will be a hit with all the family and is packed with healthy omega-3 fatty acids which are good for your little one. This baby led weaning meal idea is a perfect weekend dish for the whole family to enjoy.

Prepare in... 20 mins

Cooks in... approx 20 mins

Serves... 6

Ingredients

- 360g salmon (skinned and finely chopped)
- small bunch of coriander,
- 30g fresh grated ginger,
- 1 tsp garlic puree,
- 4 tbsp cornflour,
- 1 lime (juiced and zested),
- 1 egg,
- 2 tsp vegetable oil and salt and pepper to taste (for babies aged 12+ months).

For the Asian noodles, you will need:

- 125g egg noodles,
- 2 tsp sesame oil,
- bunch of spring onions (finely chopped),
- 1 lime (juiced and zested) and soy sauce.

How To Make

For Fish Cakes:

To make, put the salmon into a large bowl and add the coriander, ginger, garlic puree and cornflour and mix together. Add the lime juice and zest and egg, then combine with the fish and spice mixture. Season with salt and pepper if your baby is over 12 months and mix together. You should end up with a wet mixture that you spoon easily.

For Asian Noodles:

Next, heat the vegetable oil in a frying pan and spoon dollops of the fishcake mixture into the hot oil – you can make them as small or big as you want! Flip once crispy and golden. Meanwhile, boil the noodles and drain once cooked. Heat the sesame oil in a wok or frying pan and add the spring onions, coriander, splash of soy sauce and fresh lime, then the noodles, and stir together. Put a spoonful of noodles onto a plate and top with fishcakes.

Recipe by Zenia at [@the flavour academy](https://the flavour academy)

