



Herb-nut crusted salmon & vegetable loaf

with fennel & kohlrabi slaw

A tasty, grown-up version of a family favourite, salmon patties.

Ingredients

Herb-nut crust

½ cup fresh flat-leaf parsley

½ cup fresh dill

1 cup raw macadamia nuts

1 clove garlic, crushed

Zest of 1 lemon
& juice of ½ lemon

Olive oil for drizzling

Loaf

1 400g canned red salmon

1 zucchini, grated

1 large carrot, grated

2 small-medium or
1 large parsnip, grated

3-4 teaspoons olive oil

1 red onion, diced finely

1 cup flat leaf parsley,
chopped

½ cup of freshly ground
nuts such as almonds
(I used chestnut flour)

4 eggs

Salt & freshly cracked
black pepper

⌚ Prep time: 40 minutes. ⏱ Cooking time: 1 hour. 🍴 Serves 4-6

Gluten-free

Method

Crust

Place all crust ingredients except olive oil in a food processor. Process until the mixture resembles coarse breadcrumbs.

Loaf

Preheat oven to 180°C.

Line a loaf tin with baking paper. Drain salmon, place in a large bowl and mash with a fork, ensuring all bones (an excellent source of calcium) are mashed. Add carrot and zucchini to salmon. Grate the parsnip (if a large parsnip, cut in quarters lengthwise and cut out woody core).

Heat a frying pan to low medium, add olive oil. Cook parsnip and red onion for about 5 minutes, until onion is soft and parsnip slightly browned. Add onion-parsnip mixture and parsley to bowl, mix to combine. Mix in the ground nuts. Beat eggs, add to bowl, season with salt and pepper and mix well to combine. Press firmly into loaf with hands. Spread herbnut crust over the top evenly, pressing it into the loaf. Drizzle with a little olive oil.

Cook for 1 hour, covering with foil for last 20-30 minutes to prevent crust from burning.

Allow to cool slightly and firm before removing from tin.

Nutritional information

Salmon patties are an easy family favourite, and this delicious loaf is a grown-up version using ingredients that go well with salmon.

This dish combines many of the dietary recommendations for prevention of cardiovascular disease; eat more vegetables and fruit, eat fish 2-3 times per week, a serve of nuts daily and increase good oils such as olive oil, while decreasing saturated fats and avoiding trans fatty acids. Fresh fish is not always accessible, so canned salmon is an ideal option, rich in omega-3 fatty acids.

Flat-leaf parsley features heavily in these dishes, and is rich in minerals such as calcium and iron. In these quantities, it also counts as a serve of a green leafy vegetable. As this loaf is gluten free, it needs more eggs to bind the mixture. You can experiment by swapping the ground nuts for a cup of cooked brown rice or raw oats and reducing the eggs to 2.





Fennel & kohlrabi slaw

Ingredients

Fennel and kohlrabi slaw

2 fennel bulbs

1 kohlrabi, peeled
(or 500g brussels sprouts)

½ bunch flat-leaf parsley,
roughly chopped

¼ cup extra virgin olive oil

Juice of 1 lemon

2 dessertspoons
white wine vinegar

Salt and freshly
cracked black pepper

Optional shavings
of parmesan or
pecorino cheese

Method

Finely slice fennel and kohlrabi (or brussels sprouts). Place in a bowl with parsley. Put oil, lemon, vinegar and salt and pepper in a jar, shake well to combine. Pour dressing over, toss to combine.



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Nutritional information

The slaw of typically winter vegetables includes kohlrabi, which is a less well-known member of the brassica family. Regular serves of brassica are associated with reduced risks of cancers, including breast cancer. Brussels sprouts are also part of the brassica family so if kohlrabi is unavailable, this a very tasty way to eat Brussels sprouts. It's worth a try, especially if they are not usually a vegetable of choice.