

# Not Salmon Cakes

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These work well if you cook the potato and rice the day before making.

## Ingredients

- 1 tin of jackfruit or 2 cups sprouted mung beans
- 2 large potatoes peeled and boiled
- 1½ cups cooked rice (I used basmati but you can use any rice)
- 2 tbsp chia seeds soaked in ½ cup water
- 3 nori roll papers
- 4 tbsp capers
- Salt and pepper to taste
- 3 tbsp chopped onion
- 2 cloves cooked garlic (optional)
- Zest and juice of 1 lemon (at least 3 tbsp of juice)
- Organic oil for frying
- 2 to 3 cups rice crumbs

## Method

1. Pull the flaky bits off the core of the jackfruit and place in a mixing bowl. If using mung beans then fry these up in a splash of oil.
2. Place the core of the jackfruit or the mung beans in a food processor with the nori roll and process until the nori is nice and fine. Add the capers and process until broken up. Add this to the bowl with the flaky bits of jackfruit.
3. Mash the cooked potato and add this, the rice, the salt and pepper, chia seeds mixture, onion and garlic mixture and lemon juice to the bowl and mix through well.
4. Shape into patties and roll in the rice crumbs.
5. Heat up some oil in a frying pan and fry each pattie until brown, 3 to 4 minutes each side.



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