

The BBQ Baker, Out of the Ord

Mung Bean & Salmon Cakes

Ingredients:

- 1 ½ cups of cooked and mashed sweet potato
- 1 cup sprouted mung beans, previously cooked and cooled
- 210g can of pink salmon (you could use a 400 gram can if you like)
- ¼ red onion
- 2 tsp. of chia seeds, soaked in 4 tbsp. of warm water
- 1 tsp. turmeric
- dash of cayenne pepper
- salt and pepper to taste
- 1 tbsp. of flour plus, ½ cup more for coating
- Oil for cooking



Directions:

1. Cook the sweet potatoes, mash and let cool.
2. Prepare Mung Beans as required. (For dried, soak beans overnight or 6-8 hours, cook as per directions – approx. 45 min – strain and cool).
3. Add chia seed to water – allow 15 minutes to turn into a gel.
4. Mix all the ingredients together in a large bowl.
5. With your hands, make balls about the size of a golf ball, press gently to flatten slightly, then dip them into the flour. Coat on all sides.
6. Fry on medium for 3-5 minutes, flip over once and continue cooking about 3 minutes. Do not move them around on the pan as they can fall apart easily if the sides aren't firmed up.

Notes:

Adapted from [Pureella](#)