



Dill salmon loaf

Ingredients

- 16oz tin of salmon
- 2 eggs, beaten
- ½ cup **Pure** white rice flour *
- ¼ cup **Pure** potato starch *
- 1 tbs lemon juice
- 1 tsp salt
- ¼ tsp pepper
- ½ stalk celery
- 2 small onions
- ¾ cup liquid (reserved from salmon liquid plus milk or water)
- 1 cup gluten-free mayonnaise
- 2 tbs dill weed

* Denotes products available on prescription

Preparation method

1. Preheat oven to 180°C/350°F/Gas 4. Drain the salmon, setting aside this liquid for later.
2. Remove all the bones and dark skin before placing in a large bowl.
3. Combine the eggs, rice flour, potato starch, lemon juice, salt, pepper, celery, onion and liquid from salmon in a food processor. Blend until the vegetables are finely chopped.
4. Add to salmon and mix thoroughly, and then spoon into a lightly oiled 2lb loaf pan.
5. Bake for about 45-50 minutes.
6. Remove from the oven and allow to cool for at least 10 minutes before slicing it.
7. Combine the mayonnaise with the dill and blend well. Cover each salmon slice with the mayonnaise and dill sauce and serve.



10-15 minutes

Preparation time

45-50 minutes

Cooking time

Serves 10-12

By: Innovative

This dish makes a great centrepiece for a hot meal, but is equally at home as part of a summer salad table.

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