

Brain Boosting Recipes From the No.1 Children's cookery author Annabel Karmel

In partnership with Edx Education

Edx Education is excited to announce its partnership with the UK's no.1 children's cookery author Annabel Karmel. The food expert is supporting Edx Education's 'Learning through Play' philosophy with a selection of exclusive 'Brain Boosting Recipes'.

Children of all ages can benefit from creative play and for this they need to be fuelled on the right foods. Eating habits and tastes are formed from an early age, so it's crucial to introduce a good variety of nutritious foods at the earliest possible opportunity.

Drawing on her 28 years of recipe expertise, Annabel has cooked-up four delicious brain boosting recipe cards for under-fives to fuel their learning and development and most importantly, play!



Brain boosting recipes for kids

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It's important to include oily fish like salmon in your child's diet as the essential fatty acids are integral for their brain and visual development. The beauty of these fish cakes is that the salmon remains tender & succulent after cooking. Serve with sweet potato fries and a refreshing Greek yoghurt dip.



THE NO.1 CHILDREN'S COOKERY AUTHOR

Salmon fishcakes with sweet potato fries

Prep: 20 minutes Cook: 30 minutes Makes: 15 fish cakes

Ingredients

Fishcakes

250g potatoes, peeled & diced
250g salmon fillet, skinned & cubed
4 spring onions, sliced
50g cheddar cheese, grated
2 tbs mayonnaise
1 tbs ketchup
25g plain flour
1 egg, beaten
75g panko breadcrumbs

Sweet potato fries

250g sweet potatoes
2 tsp cornflour
1 heaped tbsp sunflower oil

Dip

3 tbs mayonnaise
2 tbs Greek yoghurt
1 tsp chopped thyme
Lemon juice
½ clove garlic, crushed

Method

1. Cook the potatoes in boiling salted water for 15 minutes. Drain & mash. Leave to cool.
2. Put the salmon into a food processor. Whiz until roughly chopped. Add the mashed potato, spring onions, cheese, mayo, ketchup & slightly season.
3. Whiz quickly to combine everything. Shape into 15 cakes. Coat in flour, then in egg and finally in the panko breadcrumbs.
4. Heat a little oil in a frying pan. Fry the cakes until golden on both sides. Transfer to a baking sheet and bake in the oven for 10 minutes.
5. Increase the oven to 200 Fan. Toss the sweet potatoes in the cornflour & oil. Place on a baking sheet & bake for 25-30 minutes until crisp.
6. Mix the dipping sauce ingredients together in a bowl and serve with the fishcakes & sweet potato fries.



For more recipes visit:
annabelkarmel.com/brain-boosting-recipes

