

Salmon Fishballs with a Herby Spinach Sauce and Cauli-Squash Mash - by Healing Family Eats

for the fishballs:

1 small white onion, peeled and quartered
590g wild salmon, skin off and cut into chunks
1 tbsp capers packed in salt, rinsed
1/2 cup (20g) fresh coriander, finely chopped
1/4 cup (60g) cooked squash purée *
1 tbsp solid fat for frying
(serves 4)

Finely chop the onion in the food processor. Add the salmon, capers, coriander and squash then pulse till mixed thoroughly but not paste-like. Take small handfuls of the mix (I use a 2 tbsp measure), roll into 20 golf ball sized portions and put onto a plate. Refrigerate whilst you make the sauce.

Heat the fat in a large skillet. When it is hot, place the balls around the skillet, being careful not to overcrowd the pan. It is probably best to do this in two batches. Turn the heat to medium and leave the balls for at least 3 minutes before attempting to turn them over. If you try to move them too soon, they will stick to the pan. Brown on all sides until cooked through, approx 6-7 minutes. Set to one side.

for the sauce:

1 tbsp solid fat (I like duck fat but any will be fine)
1 small white onion, thinly sliced
1/2 tsp turmeric powder (I use [this one](#))
large bunch (250g) spinach, thoroughly washed
1/4 cup (10g) curly parsley, chopped
1/4 cup (10g) dill, chopped
1/4 cup (10g) coriander leaves, chopped
1 tbsp lemon juice
1 cup (250ml) chicken broth
salt to taste (I use [this one](#))

Melt the fat in a large skillet and sauté the onion for around 5 minutes till softened. Add turmeric and cook a further minute. Put the spinach and herbs in the pan and allow to partially wilt before adding the broth.



Cover with a lid, bring to the boil and cook 3 minutes. Put the mixture into a blender (probably best done in two batches) making sure to leave the feeder cap open to allow steam to escape, or else it will explode out and upwards! Set aside, keeping warm.

for the mash:

It really doesn't matter which variety you use here. My preference would be for the milder spaghetti squash but I have also made it with butternut and it is equally delicious, just a tad sweeter.

1 small cauliflower
1 cup (250g) cooked squash purée *
2 tbsp solid fat (I like duck fat but any will be fine)
salt to taste

Cut the cauli into florets and put into a large pan, along with an inch worth of water, and bring to the boil. Cover with a lid and cook till tender, approx 10 minutes. Drain, then put the cauli back into the pan or alternatively into the food processor with the 'S' blade. Add the squash and the fat and whizz in the processor or with a hand blender for a short time until you have lovely silky mash. Return to the pan and warm through, adding salt to taste.

* I mostly use spaghetti squash here, as that's the one I use for the "oatmeal" recipes. However, I have used butternut squash for this mash and it is equally delicious.