



# Salmon Canapés

 Serves  
6

 Prep  
20 minutes

 Cooking  
10 minutes

Make these delicious salmon canapés for a festive party, or to enjoy as a nibble with drinks.

	Calories	Sugars	Fat	Saturated Fat	Salt
per canape	96Kcal	2g	5g	2g	0.3g
RI%	5%	2%	7%	10%	5%

## Method

1. Drain the cans of salmon and flake the salmon with a fork.
2. Preheat a char-grill pan or the grill. Brush 12 strips of courgette with the olive oil. Char-grill or grill in batches until tender. Cool completely.
3. Mix together the soft cheese and chives. Spread a little along the cooled courgette strips. Top with some salmon flakes and season with black pepper. Roll up and spear with cocktail sticks.
4. Mix the breadcrumbs and remaining salmon into the soft cheese and chive mixture. Roll into small balls and lightly coat half of them in poppy seeds, and the rest in sesame seeds.
5. Serve the canapés on a platter.

## Ingredients

3 x 213g cans Princes Skinless and Boneless Atlantic Salmon in Brine

3 courgettes, sliced into lengthways strips

1tbsp olive oil

500g low fat soft cheese

3tbsp finely chopped chives

150g fresh white breadcrumbs

Freshly ground black pepper

2tbsp poppy seeds

2tbsp sesame seeds

