When it comes to bone health, there are several key nutrients that are important including calcium, magnesium and vitamins C and K. Many of us associate calcium with dairy products, but there are other ways we can find calcium in our diet. Using canned salmon with bones here really boosts the calcium content. Broccoli is also a good source of calcium, as well as magnesium and vitamins C and K, so adding a side of broccoli to the fish cakes makes this a super meal for healthy bones.

Salmon Fish Cakes

Serves 4 (makes about 8 fish cakes)

Ingredients
- 2 medium potatoes
- 2 cans red salmon (with bones), drained
- 100g smoked salmon, chopped
- 2-3 tablespoons ground almonds
- 1 egg, lightly beaten
- 100g frozen peas
- Large handful spinach, finely chopped
- 1-2 tablespoons olive oil or coconut oil

Method
1. Steam the potatoes over boiling water until soft. Mash with a fork and allow to cool. Set aside.
2. In a large bowl combine canned & smoked salmon, mashed potatoes, ground almonds, egg, frozen peas and spinach and mix to combine. Add more almonds if needed.
3. Divide the mixture into equal portions and shape into patties using your hands. You should get around 8-10 patties. Place in the fridge for 30 minutes to set.
4. Heat the oil in a fry pan over moderate heat and gently fry until lightly browned.
5. Served here with a tomato and spinach salad, steamed broccoli and tomato chutney.