

Dinner

RECIPE CARD

Funky Fishcakes (serves 4)

RECIPE NAME

Dinner

MEAL TIME

10 minutes

PREP TIME

40 minutes

TIME TO COOK

These are a winner of a
fish dinner!
Serve with chips and a
fresh salad!

NOTES

Approx. 352 kcal
per cake

CALORIES

INGREDIENTS

- ★ 600g Maris Piper Potatoes
- ★ 4 Spring Onions
- ★ 1tbsp Capers, *drain and finely chopped*
- ★ 600g skinless and boneless hot- smoked trout fillets
- ★ 2 tbsp chopped parsley
- ★ Finely grated zest of 1 unwaxed Lemon, plus wedges to serve
- ★ 1tsp dried red chilli flakes
- ★ 2tbsp finely chopped gherkins
- ★ 1 egg, beaten

METHOD



Boil the potatoes for 15-20 minutes or until tender. Drain then leave to steam dry.



Put the spring onions and capers into a food processor and flake in the trout. Combine gently, then transfer into a bowl with parsley, lemon zest, chilli flakes and gherkins



When the potatoes are cool enough to handle, but still warm, roughly mash them and add to the fish mixture. Season well.



Combine the mixture and shape into 8 fishcakes. Chill for at least 30 minutes or overnight.



Preheat a grill to medium-high. Place the fishcakes on a large baking tray. Brush with the egg and grill for 6-8 minutes, or until golden.



Serve 2 fishcakes per person with a lemon wedge for squeezing over.