

OMEGA PACKED POTATO & PILCHARD FISHCAKE BITES



Serving: 4

Cooking Time: Not Specified

Prep Time: Not Specified

INGREDIENTS

- 400g Potatoes (4 medium potatoes)

- 1 x 400g Can of pilchards
- 3 tsp. Olive oil
- 1 Medium red onion
- 1 Clove garlic, crushed
- 2 Tbs. Chopped coriander
- Ground black pepper to taste
- The juice of ½ lemon with 1 Tbs. lemon zest
- 1 Large egg
- ½ Cup rye bread crumbs

INSTRUCTIONS

1. Boil potatoes, with skin, until soft and tender 2. Drain and mash until smooth. Mash/blend the pilchards and mix together with coriander, ground black pepper, lemon juice and zest 3. In a pan, heat 1 tsp. olive oil together with crushed garlic 4. Add chopped onion and sauté until golden brown. Mix together mashed potato, pilchard mix and cooked onion. Shape into 12-15 mini bite-sized balls 5. Beat the egg and dip each fish bite in the mixture before rolling lightly in the rye bread crumbs. Bake in the oven at 180°C for 30minutes 6. Thereafter grill until balls are golden brown and crispy. Recipe analysis per fish bite: 363 kJ 6.7 g Protein 2.7 g Fat 8 g Carbohydrate 1 g Fibre 165 mg Sodium