



## Chilli Fish-Cakes

**Servings:** 10

**Prep Time:** 15min

**Cook Time:** 10min

### Ingredients

- 410 g can pilchards in chilli sauce
- 250 ml milk
- ½ medium onion, finely chopped
- 150 g cake flour (310 ml)
- 1 large egg
- 5ml baking powder
- 2 ml salt
- 2 ml ground cumin
- sunflower or canola oil for frying

### TOPPING SAUCE

- 175 ml Double Cream Plain Yoghurt
- 25 ml chopped fresh mint
- 1 ml salt

### Directions

1. Turn the pilchard can contents into a sieve set over a bowl, and set aside for the sauce to drain.
2. In a 1.5 litre white ceramic bowl, mash the drained pilchards. Stir in the milk, onion, flour, egg, baking powder, salt and cumin.
3. Heat shallow oil in a 24cm stainless steel frying pan.
4. Spoon 3-4 very large spoonfuls of mixture into the hot oil, turning each fritter once, to brown on both sides during for 5 minutes cooking time. Using a slotted spoon, transfer the fishcakes onto crumpled kitchen paper. Repeat this procedure. Serve immediately.
5. Warm the drained sauce for an accompanying sauce.
6. Serve 2 fishcakes per person, on a bed of dhanian rice. Pour a little reserved warmed chilli-tomato sauce over. Serve with the salad, and the Topping Sauce in a separate bowl to dollop onto the fritters.