

Swedish Style Fish Cakes

Servings: 4

Prep Time: 10min

Cook Time: 14min



Ingredients

- 2 slices stale gluten-free bread
- 2 x 150g salmon fillets – skinned and pin-boned
- 1 x 200g tuna steak
- 1 x 300g haddock fillet – skinned and pin-boned
- olive oil
- 1 lemon
- Parsley
- 1 tsp garlic-infused oil
- Few basil leaves
- Salt

Directions

1. Whiz bread in food processor. Tip out onto a sheet of tin foil.
2. Add all the fish to the processor with the grated zest of 1 lemon, some parsley leaves, salt and pepper. Pulse a few times, but not too much.
3. Tip the mixture onto a platter, add a couple of tbsps of the breadcrumbs and form into 4 patties of even width.
4. Coat in the breadcrumbs.
5. Put on a frying pan on medium heat and add some olive oil. Crush the garlic and add it in the pan. When the garlic sizzles, use a fish slice to carefully transfer the fishcakes to the pan.
6. Cook 7 minutes each side until golden.
7. Use a fish slice to put the fishcakes on top of the salsa. Sprinkle over some basil leaves and a pinch of salt. Take to the table
8. Serve with Salsa and Alfalfa Sprout Salad