

# Lemon sole fishcakes

Measurements	Ingredients
4	lemon sole fillets
1	whole egg
50 gr	spring onions
200 gr	potatoes
25 gr	fresh parsley
3 dashes	tabasco
1	red chilli
10 ml	lemon juice
1 tbsp	dijon mustard
7 gr	kosher salt
7 gr	black pepper

Preheat oven to 180 degrees.

Place a tray with water at the bottom of the oven, then place the lemon sole in a baking dish and rub it with 1 tablespoon of oil.

Steam fish in the oven until it's cooked through (8 to 12 minutes).

Let it cool completely, then pat dry with paper towels.

Flake with a fork.

Peel and boil the potatoes until tender, drain, mash and allow to cool.

In a heated pan sweat off the spring onions for a few minutes at low heat.

Let this cool completely.

In a large bowl, combine Lemon sole, egg, spring onion, mashed potatoes, lemon juice, mustard, breadcrumbs, parsley, hot sauce, salt, and pepper.

Mix gently until ingredients will hold together.

Form mixture into eight equal-size patties.

Freeze on baking sheets until firm, then wrap

each in cling film and store in resealable freezer bags, up to 1 month.  
Thaw before cooking.  
To serve the cakes: Heat 1 tablespoon oil in a large nonstick skillet over medium heat.  
Cook cakes until golden brown, about 2 minutes on each side.  
Serve hot.

Macros

Fat 2.3 gr

Protein 10.8 gr


Carbs 1.9 gr

Fiber 0.7 gr

Sugar 0.3 gr

Kcal


83 per serving



prep time  
30 min.



cook time  
15 min.



serving  
6 servings