**Fish Cutlet**

Prep time: 30 min Cook time: 20 min

**Ingredients:**

* 1 cup boiled and mashed potato
* 1 cup steamed and shredded fish fillet (without bones)
* 1 tsp minced ginger
* 1 onion, chopped
* 2 green chilies, minced (adjust to taste)
* 1 tsp low sodium salt (adjust to taste)
* 5 sprigs mint leaves, chopped finely
* 6 sprigs coriander leaves, chopped finely
* 1 egg, beaten
* 1 cup bread crumbs
* 1/3 cup oil (extra light olive oil or your preferred cooking oil)

**Instructions:**

1. Heat 2 tbsp oil in a pan over medium heat. Add the minced ginger and fry for about 1 minute until fragrant.
2. Add the chopped onions and minced green chilies. Sauté until the onions are soft and translucent.
3. Add salt, mashed potatoes, shredded fish, mint leaves, and coriander leaves. Mix well and sauté for an additional minute. Remove from heat and let the mixture cool.
4. Once cooled, take 2 tablespoons of the mixture and shape it into small patties. Press them firmly between your palms to form a compact shape.
5. Prepare two bowls: one with the beaten egg and the other with bread crumbs.
6. Dip each patty into the beaten egg, ensuring it’s well coated, then roll it in the bread crumbs until evenly covered.
7. Heat the remaining oil in a frying pan over medium-high heat until hot. Gently place the patties in the hot oil and fry until they are golden brown on both sides, about 3-4 minutes per side.
8. Remove the cutlets from the pan and drain them on paper towels to absorb excess oil.
9. Serve hot with ketchup or your preferred dipping sauce.