

Sardine Fish Cakes with Lemon Mayonnaise

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These simple yet effective sardine fish cakes are a great way of using up tinned sardines. Fish combines with cooked potato, mayo, yoghurt and parsley before being shaped into cakes and fried until golden brown.

Ingredients:

600g cooked potato, mashed
2 x 120g tins sardines in spring water
Small handful fresh parsley
Juice of one lemon
3 tbsp. mayonnaise
3 tbsp. 0% fat Greek yoghurt
1 tbsp. plain flour
Salt and pepper
Oil to fry

Directions:

1. Mash the sardines in a bowl and add the potato. Mash until smooth.
2. Finely chop the parsley and add half of this to the mixture, then add the flour, half the lemon juice and a good pinch of salt and pepper.
3. Shape the fish mixture into patties, then heat the oil in a pan and fry the fishcakes on each side for around 5 minutes or until golden brown.
4. Mix together the remaining parsley, lemon juice, yoghurt and mayonnaise and serve on the side of the fishcakes.

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