

Veggie Fish Cakes

TIME: 40 minutes

SERVES: 4

Ingredients:

- 12 oz fish, cooked and flaked
- 1 large eggs, lightly beaten
- 1/2 bunch of fresh cilantro, coarsely chopped, plus a few sprigs saved for garnish
- 5 tbsp + 1 tsp plain dry breadcrumbs (or almond meal for a gluten free option)
- 2 tablespoons Canola mayonnaise (greek yogurt can be used instead)
- 1/2-1 whole lemons juiced
- 1/4 cup broccoli florets, finely chopped
- 1/2 large onion finely chopped
- 2-3 tablespoons extra light, olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper



Directions:

- 1 Sauté the onions and broccoli for about 8 minutes in a sauté pan, until onions translucent and broccoli is tender. Set aside and let cool.
- 3 While the veggies are cooking, in a large mixing bowl, add the mayo, lemon juice, salt and pepper and whisk till combined. Then add cilantro to the mixture.
- 4 Add the fish, beaten eggs, cooked onions and broccoli and breadcrumbs, and mix gently until ingredients just hold together.
- 5 In a large nonstick skillet, heat the olive oil on high for about a minute, then turn it down to medium high.
- 6 Working in batches, using a packed one-third cup measure, cook cakes until golden brown and crisp on the outside, about 3 minutes per side. You may need to add a tablespoon of oil to the pan between batches. Serve hot, or warm over a simple arugula or kale salad. Recipe makes 7-8 patties.