

OVERALL time: 65 mins

Fish cakes - 3 ways

Looking for a quick, easy and protein-packed meal? Make a fish cake! We share three totally different recipes - one for breakfast, once for lunch or a snack and one for dinner.

Metric

Number of servings : 8

ingredients

For the breakfast haddock fishcakes

- 3 Large floury potatoes
- 1 Cup Onion freshly diced
- 15 m Vegetable oil
- 500 g Smoked haddock
- 5 ml **Cape Herb and Spice Chipotle chilli**
- 10 ml Melted butter

For the Asian lunch tuna fishcakes

- 500 g Fresh Tuna
- 2 Stalks of lemon grass, finely chopped
- 5 ml Grated ginger
- 15 ml Coriander leaves, finely chopped
- 5 ml **Cape Herb and Spice Chipotle chilli**
- 5 ml **Cape Herb and Spice Atlantic Sea Salt**

For the Asian lunch tuna fishcakes (Dipping sauce)

- 30 ml Sugar
- 120 ml Water
- Juice of half a lime
- 5 ml **Cape Herb and Spice Chipotle chilli**
- 5 ml Corn flour dissolved in water
- 2 Sprigs of coriander, leaves only, finely chopped

For the salmon dinner fish cakes

- 600 g Fresh salmon
- 1 Spring onion, white and green parts, finely sliced
- 15 ml Fresh dill, finely chopped
- 5 ml **Cape Herb and Spice Atlantic Sea Salt**
- 1 Zest of lemon

For Chilli Straw Fries

- 2 Extra large potatoes
- **Cape Herb and Spice Chipotle chilli**
- vegetable oil, for deep frying

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 30 mins | COOKING TIME: 35 mins

Dice the salmon very finely. Mix salmon with the rest of the fish cake ingredients and use hands to shape fish cakes. Fry fish cakes over medium heat in a non-stick pan with a bit of vegetable oil until cooked through.

Peel the potatoes and julienne into thin strips – if you have a julienne peeler this is fast and easy. If not, take your time and use a sharp knife to slice potatoes into strips as thin as possible. Heat a saucepan with at least 5cm vegetable oil. Once the oil is hot, drop strips of potatoes in. Because they're so thin they'll fry crisp and golden super fast. Drain fries on kitchen paper and dust them with **Cape Herb & Spice Chipotle Chilli**.

Serve your salmon fish cakes and chilli straw fries with a fresh peppery salad of watercress, finely sliced fennel and radish, dressed simply with a squeeze of lemon. The acidity and pepper notes of this salad form the perfect foil for the richness of the salmon.

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://www.capeherb.co.za>

Metric

ingredients

For the breakfast haddock fishcakes

- 3 Large floury potatoes
- 1 Cup Onion freshly diced
- 15 m Vegetable oil
- 500 g Smoked haddock
- 5 ml **Cape Herb and Spice Chipotle chilli**
- 10 ml Melted butter

For the Asian lunch tuna fishcakes

- 500 g Fresh Tuna
- 2 Stalks of lemon grass, finely chopped
- 5 ml Grated ginger
- 15 ml Coriander leaves, finely chopped
- 5 ml **Cape Herb and Spice Chipotle chilli**
- 5 ml **Cape Herb and Spice Atlantic Sea Salt**

For the Asian lunch tuna fishcakes (Dipping sauce)

- 30 ml Sugar
- 120 ml Water
- Juice of half a lime
- 5 ml **Cape Herb and Spice Chipotle chilli**
- 5 ml Corn flour dissolved in water
- 2 Sprigs of coriander, leaves only, finely chopped

For the salmon dinner fish cakes

- 600 g Fresh salmon
- 1 Spring onion, white and green parts, finely sliced
- 15 ml Fresh dill, finely chopped
- 5 ml **Cape Herb and Spice Atlantic Sea Salt**
- 1 Zest of lemon

For Chilli Straw Fries

- 2 Extra large potatoes
- **Cape Herb and Spice Chipotle chilli**
- vegetable oil, for deep frying

Number of servings : 8

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 30 mins | COOKING TIME: 35 mins

Dice the salmon very finely. Mix salmon with the rest of the fish cake ingredients and use hands to shape fish cakes. Fry fish cakes over medium heat in a non-stick pan with a bit of vegetable oil until cooked through.

Peel the potatoes and julienne into thin strips – if you have a julienne peeler this is fast and easy. If not, take your time and use a sharp knife to slice potatoes into strips as thin as possible. Heat a saucepan with at least 5cm vegetable oil. Once the oil is hot, drop strips of potatoes in. Because they're so thin they'll fry crisp and golden super fast. Drain fries on kitchen paper and dust them with **Cape Herb & Spice Chipotle Chilli**.

Serve your salmon fish cakes and chilli straw fries with a fresh peppery salad of watercress, finely sliced fennel and radish, dressed simply with a squeeze of lemon. The acidity and pepper notes of

this salad form the perfect foil for the richness of the salmon.

Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she - rather predictably - cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://www.capeherb.co.za>