

Capital Recipe

Join Chef Jason on the Drivetime show every Thursday from 6pm in
"Foodie Thursday".



Lazy Day Fishcakes, perfect for a quick lunch or a lighter dinner – ready in under 25 minutes



Ingredients – serves 4 people

1.5 cups cooked potatoes/mash (cold)
2 large tinned salmon (approx. 400gm, drained of liquid)
2 each limes (zested and juiced)
½ bunch coriander (roughly chopped)
4 large spring onions (sliced thinly)
3 Tbsp cheddar cheese (grated)

4 Tbsp oil
4 Tbsp plain flour
salt & pepper to taste
6 Tbsp sweet chili sauce juice from limes above
1 inch ginger (finely grated)
1 Tbsp coriander (taken from above)

Method

Crush the potatoes in a bowl with a fork until they are soft and semi-mashed/place mash into a bowl. Add salmon, spring onion, lime zest and cheese and mix until fully combined. Season with black pepper and mix.

Divide the mix into 4 portions, shape each portion into a disc approx. 15mm thick.

Lightly season the flour with salt and pepper.

Pre heat a non-stick fry/sauté pan over a moderate/high heat.

Coat the fishcakes in the seasoned flour.

Add the oil to the pan then carefully add the fishcakes and leave to heat through and colour golden brown – approx. 3 to 4 minutes but keep an eye on them, if the pan is too hot turn the heat down a notch!

In a bowl, mix the sweet chili sauce with the grated ginger and coriander.

Add 2 teaspoons of lime juice and mix – taste and add more lime juice if desired.

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Turn the fishcakes carefully with a spatula and leave to colour golden brown then turn off the heat – approx. 2 minutes.

Serve on plates with a simple green leaf salad and the sweet chili sauce on the side.

Notes from the chef:

The recipe utilises leftover cooked potatoes/mash.

Tinned mackerel or tuna may be substituted for salmon.

Pecorino or even parmesan cheese may be substituted for cheddar but remember that they are saltier in taste.

The cheese may be omitted but you will need to adjust the seasoning and add salt to taste.

You can zing the fishcakes up by adding some finely diced red chili or frozen lemongrass (if you have some remaining from the previous recipe).

These fishcakes can be made in advance (even the day before) but do not coat them in the seasoned flour until you are ready to cook them.

For a more decadent fishcake, after coating them in flour, dip into a beaten egg and then breadcrumbs – you will need to use a little more oil for cooking, but the crunchy texture is worth it!

Tbsp - tablespoon

Tsp - teaspoon