

FISH CAKES

INGREDIENTS

1 cup French green lentils

2 cups small pieces of fish (~400 gr, cod/salmon or haddock)

1 cup boiled and mashed potato

½ tsp. each of salt & crushed black pepper

1 tsp. Spicebox Organics **CHAAT MASALA SPICEBLEND**

½ cup finely chopped spring onion

½ cup grated cheese

1 egg *beaten*

Flour for dusting

Can use arrowroot flour or rice flour

Oil of choice for cooking

DIRECTIONS

1



Poach fish few minutes till tender.



Drain the water.

2



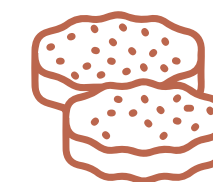
Gently mash mixture *to avoid breaking*

3



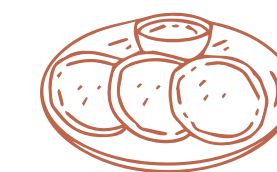
Add mashed potato, salt, pepper, Chaat Masala Blend, spring onion, and cheese.

4



Mix & form into 6 - 8 patties.

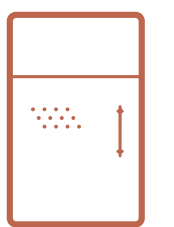
5



Dip patties in beaten egg, then dust with flour.



Put patties on dusted tray.



Put in the fridge to firm up for 30 minutes.

7



Cook on frying pan 6 - 7 minutes each side or till golden.

SERVING SUGGESTIONS:
With appropriate dip.

