

Fish Cakes with Lemon Caper Mayo

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/simple-broiled-haddock-recipes>

Ingredients:

- fish cakes
- 3 medium potatoes or you could use 2 cups of leftovers mashed potatoes
- 300 grams haddock or cod
- 1 tablespoon butter
- 1 egg lightly beaten
- 1 tablespoon Dijon mustard
- 1 tablespoon green onions finely chopped
- 1 tablespoon fresh parsley finely chopped
- 1 cup panko
- 1/4 cup vegetable oil
- salt
- pepper
- mayo Lemon Caper
- 1/2 cup mayonnaise
- 3 pickles gherkins, finely chopped
- 1/2 lemon
- 1/2 tablespoon lemon juice
- 1 1/2 tablespoons capers
- 1 tablespoon parsley finely chopped

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 110 milligrams
4. Fat: 31 grams
5. Fiber: 5 grams
6. Protein: 20 grams

7. SaturatedFat: 5 grams
 8. Sodium: 950 milligrams
 9. Sugar: 4 grams
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