

Indian-spiced Fish Cakes

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-spiced-fish-recipe>

Ingredients:

- 1 1/3 pounds potatoes quartered if large
- 1/2 teaspoon cumin seeds
- 2 spring onions finely chopped
- 1 red chilli deseeded and finely chopped
- 2 tablespoons coriander chopped
- 1 egg beaten
- 3 1/2 ounces salmon cooked leftover, flaked into large pieces
- plain flour for coating
- 1 tablespoon sunflower oil
- 1 3/4 tablespoons butter
- mayo
- mango chutney

Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 80 grams
3. Cholesterol: 160 milligrams
4. Fat: 24 grams
5. Fiber: 7 grams
6. Protein: 20 grams
7. SaturatedFat: 9 grams
8. Sodium: 250 milligrams
9. Sugar: 24 grams

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