

Coconut fish cakes

Total time **55 mins** 5 mins preparation time **50 mins** cooking time

Nutritional facts (per portion):

2939 kJ / 702 kcal

INGREDIENTS

2 portion(s)

750 g	potatoes, peeled and quartered
500 g	raw haddock fillets
50 g	butter, melted
75 ml	Kikkoman Naturally Brewed Soy Sauce
2	garlic cloves, finely chopped
0.5	red chilli, finely chopped
5	spring onions, roughly chopped
	fresh coriander, roughly chopped
	Flour, for dusting
2	eggs, beaten, with a little milk added
100 g	natural dry breadcrumbs
100 g	desiccated coconut
30 ml	sunflower oil

PREPARATION

Step 1

Boil the potatoes until soft, drain well and mash then leave to cool. Steam the haddock for 8-10 minutes then cool and flake, removing all the bones. Stir the haddock flakes into the mashed potatoes. Add the butter, soy sauce, garlic, chilli, spring onions and coriander and combine well.

Step 2

Form the mixture into 8 even-sized cakes and dust each with a little flour. Chill for 15 minutes.

Step 3

In the meantime, in a shallow dish, mix together the breadcrumbs and desiccated coconut. To finish, dip each cake into the beaten eggs, then into the crumb mixture and fry gently in hot oil for 3 minutes on each side.

Step 4

Best served with a crisp mixed leaf salad.