



C o d F i s h C a k e s



4 Servings



45 minutes

Ingredients :

- Fresh cod fillets
- Potatoes
- Egg
- Breadcrumbs
- Onion
- Garlic
- Fresh parsley
- Salt
- Black pepper
- Cooking oil



Instructions :

1. Boil the potatoes until soft ,then mash them smoothly and set aside to cool slightly .
2. Cook the cod in lightly salted water until it flakes easily ,then drain and break it into small pieces .
3. In a large bowl ,combine the mashed potatoes ,flaked cod ,chopped onion ,minced garlic ,and fresh parsley .
4. Add the egg ,salt ,and black pepper ,then mix gently until everything is well combined .
5. Shape the mixture into small round cakes using your hands .
6. Coat each cake lightly with breadcrumbs .
7. Heat cooking oil in a pan over medium heat .
8. Fry the fish cakes until golden brown on both sides .
9. Remove from the pan and let them rest briefly before serving .