



L e m o n a n d H e r b P a t t i e s



4 Servings



35 minutes

Ingredients :

- Mackerel fillets or canned mackerel
- Fresh lemon zest
- Fresh lemon juice
- Chopped parsley
- Chopped dill
- Minced garlic
- Breadcrumbs
- Egg
- Salt
- Black pepper
- Olive oil



Instructions :

1. Place the mackerel in a bowl and gently break it into small pieces using a fork .
2. Add lemon zest , lemon juice , parsley , dill , and garlic to the bowl .
3. Mix in the breadcrumbs , egg , salt , and black pepper until everything comes together .
4. Let the mixture rest for 10 minutes so it firms up slightly .
5. Shape the mixture into even-sized patties using your hands .
6. Heat olive oil in a pan over medium heat .
7. Cook the patties for about 4 to 5 minutes on each side until golden and cooked through .
8. Remove from heat and serve warm with a fresh side or light sauce .