



Mackerel Patties with Potato



4 Servings



35 minutes

Ingredients :

- Fresh or canned mackerel
- Boiled potatoes ,mashed
- Onion ,finely chopped
- Garlic ,minced
- Egg
- Salt
- Black pepper
- Paprika
- Fresh parsley or coriander
- Cooking oil



Instructions :

1. Flake the mackerel into a bowl and remove any bones .
2. Add mashed potatoes ,chopped onion ,and garlic to the bowl .
3. Crack in the egg and add salt ,black pepper ,paprika ,and herbs .
4. Mix everything gently until well combined .
5. Shape the mixture into medium -sized patties .
6. Let the patties rest for 10 minutes so they hold their shape .
7. Heat oil in a pan over medium heat .
8. Cook the patties for 3 to 4 minutes on each side until golden .
9. Remove from the pan and drain on paper towels .
10. Serve warm with a fresh salad or dipping sauce .