



Mackerel Patties without Eggs



4 Servings



30 minutes

Ingredients :

- Canned mackerel , drained and flaked
- Boiled potato , mashed
- Finely chopped onion
- Minced garlic
- Fresh parsley , chopped
- Breadcrumbs or crushed crackers
- Lemon juice
- Salt
- Black pepper
- Paprika
- Cooking oil



Instructions :

1. Add the flaked mackerel to a mixing bowl and gently break it into small pieces .
2. Mix in the mashed potato , chopped onion , garlic , and parsley until well combined .
3. Add breadcrumbs , lemon juice , salt , black pepper , and paprika , then mix until the mixture holds together .
4. Shape the mixture into small , even patties and let them rest for 10 minutes .
5. Heat oil in a pan over medium heat .
6. Place the patties in the pan and cook until golden brown on each side .
7. Remove from heat and place on a paper towel to drain excess oil .
8. Serve warm with your favorite sides or dipping sauce .