



Panko Crusted Baked Patties



4 Servings



35 minutes

Ingredients :

- Fresh or canned mackerel
- Panko breadcrumbs
- Egg
- Finely chopped onion
- Minced garlic
- Chopped parsley
- Salt
- Black pepper
- Paprika
- Olive oil



Instructions :

1. Preheat the oven to 400 °F and line a baking tray with parchment paper .
2. Flake the mackerel into a large bowl and remove any bones .
3. Add the onion , garlic , parsley , salt , pepper , and paprika , then mix well .
4. Stir in the egg until the mixture holds together .
5. Gently fold in the panko breadcrumbs to form a soft mixture .
6. Shape the mixture into even patties and place them on the tray .
7. Lightly brush or spray the tops with olive oil .
8. Bake for 12minutes , flip the patties , then bake for another 10 minutes .
9. Remove from the oven and let them rest for a few minutes before serving .