

# FISH FRIKKADEL (CAKES)



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500 g hake fillets or 3 tins tuna chunks, in brine, drained

2 slices of bread (preferably a couple of days old)

1 tablespoon cooking oil

1 medium onion, chopped

$\frac{1}{2}$  teaspoon garlic

1 medium tomato, chopped

1 teaspoon jeera/cumin powder

1  $\frac{1}{2}$  teaspoons leaf masala (curry powder)

$\frac{1}{2}$  teaspoon turmeric

1 tablespoon lemon juice

salt to taste

handful chopped parsley

1 medium egg

cooking oil for shallow frying

Boil hake in enough water to cover for 5-10 minutes. Drain well and flake.

Soak the bread in water for 10 minutes then squeeze out all the water. Meanwhile, to the oil in a saucepan add the chopped onion.

Braise until golden brown. Add tomato, garlic and spices, cook for 5 minutes until all the spices are combined.

Combine the fish, bread, spices with the rest of the ingredients. Shape into flat fish cakes.

Shallow fry in hot oil until brown for about 5 minutes on each

side. Serve with white rice, dhal and diced tomato, or your tinned spaghetti.

Recipe posted by André Viljoen