

PREPARATION: **15** MINUTES

COOKING: **30** MINUTES

**4** SERVINGS

# FISH CAKES WITH CORN REMOULADE



## INGREDIENTS

### CAKES

**1 pound tilapia  
or haddock fillets**

**1 tablespoon lemon zest**

**1/2 cup red pepper, diced**

**1/2 cup green onions, sliced**

**1/4 cup mayonnaise**

**1 egg**

**2 tablespoons fresh parsley,  
chopped**

**1/4 cup panko bread crumbs**

**1 tablespoon olive oil**

### REMOULADE

**1/2 cup plain Greek yogurt**

**1 teaspoon Dijon mustard**

**1/4 cup corn niblets**

**1/4 teaspoon chili powder**

**1 teaspoon lime juice**

**1 tablespoon cilantro**

### Nutrient Analysis

#### PER SERVING:

2 patties

#### RENAL EXCHANGE:

3 Protein + 1 Starch + 2 Vegetable

Calories 278Kcal

Protein 27g

Carbohydrates 14g

Fibre 1g

Total Fat 13g

Saturated Fat 3g

Cholesterol 112mg

Sodium 241mg

Potassium 559mg

Phosphorus 291mg

## PREPARATION

- 1 Preheat conventional oven to 400°F.
- 2 Place fish in a baking dish and bake for approximately 20 minutes or until the fish is cooked through. The fish can also be steamed. Allow fish to cool.
- 3 To make the corn remoulade, mix all ingredients together. Refrigerate until ready to serve.
- 4 In a mixing bowl, flake the fish and combine it with the remaining fish cake ingredients. With a spoon, gently fold all the ingredients together.
- 5 Using your hands, shape fish cake mixture into 8 patties of equal size.
- 6 In a frying pan, heat the oil over medium heat. Fry the patties until golden, approximately 3 minutes per side.
- 7 Serve a dollop of remoulade on top of each fish cake and enjoy.

## Tips

*These fish cakes may be served as an appetizer, as an entrée with salad, or as sliders in buns or mini pitas.*

*They can also be frozen. If you choose to freeze the uncooked patties, thaw them thoroughly before cooking (on a paper towel) to remove excess liquid.*