



FISH POTATO CAKES WITH BEETROOT AND FENNEL SALAD

Serves 4

INGREDIENTS

4 medium potatoes (or ½ potatoes & ½ sweet potatoes)
1 small onion, sliced
2 cloves garlic
1 tablespoon olive oil
1 teaspoon salt
2 tablespoons KEFIR or cream
2 tablespoons chopped dill
Grated zest of 1 lemon
Black pepper
2 beaten eggs
1 ½ cups flaked chunks of salmon or rainbow trout
2 medium-large beetroots, trimmed stalks and hairy roots
Olive oil
1 medium fennel bulb, trimmed of stalks and base
Juice and strips of zest from ½ lemon
2 tablespoons extra virgin olive oil
1.2 teaspoon sea salt
1 tablespoon chopped dill
1 tablespoon chopped parsley

INSTRUCTIONS

- 1) Steam the potatoes over boiling water for 18-25 minutes or until tender. Mash 2 of the potatoes and crush the other 2 roughly with a wooden spoon. Meanwhile gently cook the

onion and garlic in a pan in the olive oil, seasoned with salt.

- 2) Once potatoes are cooled, mix them in a large bowl with the cooked onion and garlic, the Kefir, dill, parsley, grated lemon zest, ground pepper and the eggs. Finally, stir in the smoked fish. Chill this mixture until you are ready to cook the fishcakes.
- 3) Rub the beetroot with a little olive oil and roast in a small roasting dish 190C for 30-40 minutes, until just tender. When they are cool enough to handle, peel with a small sharp knife.
- 4) Heat a non-stick pan to medium-hot and add a little olive oil. Shape the potato mixture into 8 x 2 tablespoon patties and cook, turning once, for about 4 minutes on each side until browned. While the fishcake cooks cut the beetroots into small chunks. Thinly slice the fennel and add to beetroot. Add lemon juice and zest, extra virgin olive oil, sea salt & dill.