



**Day 16**

**Serves: 6**

**Preparation time:**

**15 min**

**Cooking time:**

**20 min**

### Ingredients:

- 2 cups (500ml) cooked fish, flaked
- 1 ½ cups (375ml) cold mashed potato
- ½ cup (125ml) fresh bread crumbs
- 1 small onion, chopped
- 1 small red chilli, deseeded and finely chopped
- 1 egg, beaten
- 1 sachet **IMANA White Sauce**
- 1 teaspoon (5ml) **TOP CLASS Mild Curry Powder**
- ½ cup (125ml) flour
- ¼ cup (60ml) fresh breadcrumbs, extra
- 125ml (½ cup) oil
- 1 sachet **IMANA Cheddar Cheese Sauce**
- 1 tablespoon (15ml) chopped parsley

### Method:

1. Add the fish, potato, bread crumbs, onion, chilli, egg, **IMANA White Sauce** and **TOP CLASS Mild Curry Powder** to a mixing bowl and stir well to combine.
2. Place the flour and extra bread crumbs in a separate bowl or plate.
3. Shape mixture into small round patties and then coat with flour and crumb mixture.
4. Heat oil in a frying pan over medium heat and fry the fish rounds, moving them around the pan until golden brown on all sides.
5. Make up the **IMANA Cheddar Cheese Sauce** using 250ml boiling water. Stir with a fork until sauce thickens. Add the chopped parsley and stir.
6. Serve the fish cakes with the cheese sauce and a fresh healthy side salad.

### TIP:

Give your fish cakes a Thai twist by adding 1 teaspoon of grated fresh ginger and 2 tablespoons of desiccated coconut to the fish mix. You can also replace the chopped parsley with fresh chopped coriander.

*This Recipe Uses*

