



Crushed new potato fish cakes with horseradish mayonnaise

READY IN



45 min.

SERVINGS



4

CALORIES



824 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 750 g baby potatoes cut into large chunks
- ☐ 100 g baby spinach
- ☐ 2 fillet haddock smoked
- ☐ 700 ml milk whole
- ☐ 2 bay leaves
- ☐ 0.5 tsp peppercorns black
- ☐ 1 egg yolk
- ☐ 2 tbsp vegetable oil

- ☐ 25 g flour plain
- ☐ 4 servings lemon wedges
- ☐ 250 ml mayonnaise
- ☐ 50 g horseradish fresh grated (or from a jar)
- ☐ 0.5 juice of lemon

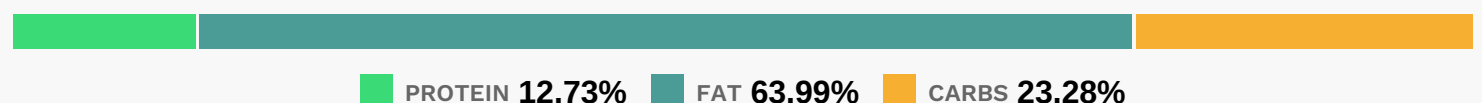
Equipment

- ☐ frying pan
- ☐ colander

Directions

- ☐ Cook the potatoes in boiling salted water for 10–15 mins until tender.
- ☐ Drain in a colander over the spinach so the leaves wilt. Return the potatoes to the pan to steam-dry, then roughly crush with a fork. Leave to cool.
- ☐ In a separate pan, poach the haddock in the milk with the bay leaves and peppercorns for 4 mins. Turn off the heat and leave to cook for a few mins more until the flesh flakes.
- ☐ Remove to a plate and break into large pieces, discarding the skin and any bones.
- ☐ Mix the cooled potato, wilted spinach and haddock with the egg yolk and 3 tbsp of the poaching milk. Form into 4 chunky cakes and chill in the fridge, covered, for at least 30 mins, or overnight.
- ☐ Mix all the mayonnaise ingredients together and chill.
- ☐ Heat the oil in a large pan over a medium heat.
- ☐ Sprinkle flour over the fish cakes and fry for about 5–6 mins on each side until golden and heated through.
- ☐ Serve with lemon wedges and a dollop of the horseradish mayo.

Nutrition Facts



Properties

Glycemic Index:90.81, Glycemic Load:31, Inflammation Score:-9, Nutrition Score:33.359130444734%

Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 3.1mg, Kaempferol: 3.1mg, Kaempferol: 3.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 823.71kcal (41.19%), Fat: 58.77g (90.42%), Saturated Fat: 11.91g (74.43%), Carbohydrates: 48.1g (16.03%), Net Carbohydrates: 43.07g (15.66%), Sugar: 10.75g (11.95%), Cholesterol: 141.01mg (47%), Sodium: 658.86mg (28.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.31g (52.62%), Vitamin K: 234.85µg (223.67%), Vitamin A: 2798.73IU (55.97%), Vitamin C: 45.97mg (55.72%), Phosphorus: 532.47mg (53.25%), Vitamin B6: 0.98mg (48.95%), Selenium: 32.29µg (46.13%), Vitamin B12: 2.69µg (44.81%), Potassium: 1478.94mg (42.26%), Manganese: 0.65mg (32.6%), Calcium: 293.41mg (29.34%), Vitamin B3: 5.59mg (27.94%), Vitamin B2: 0.47mg (27.8%), Folate: 110.71µg (27.68%), Magnesium: 105.88mg (26.47%), Vitamin E: 3.63mg (24.19%), Vitamin B1: 0.35mg (23.49%), Fiber: 5.04g (20.14%), Vitamin B5: 1.87mg (18.65%), Vitamin D: 2.77µg (18.48%), Iron: 2.91mg (16.15%), Copper: 0.29mg (14.34%), Zinc: 1.94mg (12.9%)