



Smoked haddock, spinach & potato cakes

READY IN



55 min.

SERVINGS



4

CALORIES



779 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 450 g potatoes
- ☐ 250 g haddock smoked
- ☐ 25 g butter
- ☐ 1 onion finely chopped
- ☐ 140 g pkt spinach washed
- ☐ 1 eggs beaten
- ☐ 4 slices bread white thick
- ☐ 4 tbsp unrefined sunflower oil
- ☐ 4 servings broccoli steamed

- ☐ 175 g mayonnaise bought
- ☐ 2 tsp coarse mustard
- ☐ 2 tbsp double cream

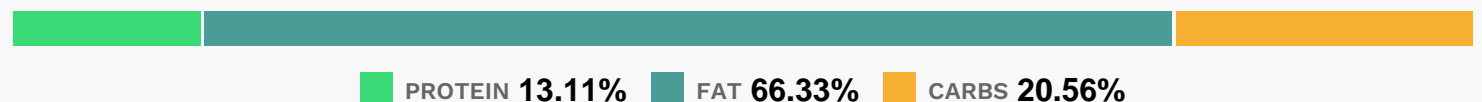
Equipment

- ☐ frying pan

Directions

- ☐ Boil whole potatoes in their skins for 30–40 mins, or until tender (timing depends on their size). Meanwhile, put the haddock in a pan with the milk, bring to the boil then quickly turn the heat down. Cover with a lid and poach for 3 mins or until just cooked. Set the haddock aside (reserving 2tbsp of the milk), then remove the skin from the fish and fork the flesh into large flakes.
- ☐ Once the potatoes are tender, drain and remove skins. Mash the flesh with two-thirds of the butter, plus the 2tbsp milk. Season if you like and let cool.
- ☐ Fry the onion in the rest of the butter for 5 mins until soft, but not coloured.
- ☐ Put the spinach into a pan with 1 tbsp water, cover and cook for 1 mins on a very low heat.
- ☐ Drain, then squeeze all the water from the spinach and roughly chop.
- ☐ Mix the mash with the onion and spinach, then carefully mix in the fish try to keep the flakes large and not overwork the mixture. Flour your hands then shape the mixture into 8 cakes, each about 8cm across, and dust with seasoned flour. Chill the cakes for 30 mins. Meanwhile, make the mayo by mixing all the ingredients together.
- ☐ Dip each cake in beaten egg, then breadcrumbs and fry in the hot oil for a couple of mins each side. (You can fry the cakes in 2 batches, using 2 tbsp of oil each time.)
- ☐ Serve with mayo and broccoli. If cooking from frozen, defrost overnight before reheating.

Nutrition Facts



Properties

Glycemic Index:91.35, Glycemic Load:22.96, Inflammation Score:-10, Nutrition Score:35.567826043005%

Flavonoids

Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 6.76mg, Kaempferol: 6.76mg, Kaempferol: 6.76mg, Kaempferol: 6.76mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg, Quercetin: 9.19mg

Nutrients (% of daily need)

Calories: 778.68kcal (38.93%), Fat: 57.93g (89.12%), Saturated Fat: 12.2g (76.27%), Carbohydrates: 40.39g (13.46%), Net Carbohydrates: 34.31g (12.48%), Sugar: 5.09g (5.66%), Cholesterol: 129.33mg (43.11%), Sodium: 1022.48mg (44.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.76g (51.52%), Vitamin K: 290.43µg (276.6%), Vitamin C: 73.39mg (88.96%), Vitamin A: 3965.48IU (79.31%), Selenium: 42.32µg (60.46%), Vitamin E: 8.99mg (59.95%), Manganese: 0.98mg (49.16%), Vitamin B6: 0.82mg (40.9%), Folate: 160.04µg (40.01%), Phosphorus: 350.8mg (35.08%), Potassium: 1183.28mg (33.81%), Vitamin B3: 6.52mg (32.59%), Magnesium: 114.35mg (28.59%), Iron: 4.42mg (24.56%), Fiber: 6.08g (24.34%), Vitamin B1: 0.32mg (21.4%), Vitamin B2: 0.34mg (19.92%), Vitamin B12: 1.17µg (19.55%), Calcium: 158.46mg (15.85%), Copper: 0.29mg (14.29%), Vitamin B5: 1.25mg (12.55%), Zinc: 1.59mg (10.6%), Vitamin D: 0.93µg (6.18%)