



Smoked trout fish cakes with mushy peas

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



329 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 600 g potatoes diced
- ☐ 2 tbsp horseradish english hot (we used Provender)
- ☐ 200 g trout smoked flaked
- ☐ 1 lemon wedges
- ☐ 25 g flour plain
- ☐ 400 g peas frozen
- ☐ 100 ml vegetable stock hot
- ☐ 1 tbsp vegetable oil

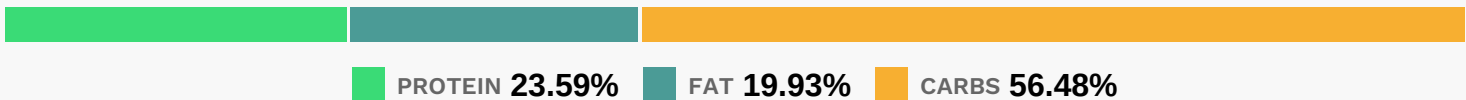
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender

Directions

- ☐ Cook the potatoes in boiling salted water for about 10 mins, until tender.
- ☐ Drain really well, then return to the pan and steam dry for a few mins.
- ☐ Remove from the heat, add the horseradish, then mash together.
- ☐ Gently stir in the flaked trout, lemon zest and half the juice with some seasoning. When the mixture is cool enough to handle, make 8 patty-shaped cakes, dust each one lightly with flour, then chill for 5 mins to set.
- ☐ To make the mushy peas, put the peas in a pan with the stock and bring to the boil, reduce the heat and cook for 3 mins until tender.
- ☐ Transfer to a food processor, or use a stick blender, and whizz for 30 secs to a crush. Tip them back into the pan, add a squeeze of lemon juice and some seasoning, and keep warm.
- ☐ Heat the oil in a frying pan until hot, cook the fish cakes for 3–4 mins on each side until golden and crisp you may have to do this in batches.
- ☐ Serve with mushy peas and some extra lemon wedges on the side.

Nutrition Facts



Properties

Glycemic Index:77.15, Glycemic Load:26.92, Inflammation Score:-8, Nutrition Score:28.404347855112%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg, Hesperetin: 1.26mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg,

Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg
Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.1mg, Quercetin: 1.1mg,
Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 329.45kcal (16.47%), Fat: 7.37g (11.33%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 46.96g (15.65%),
Net Carbohydrates: 37.42g (13.61%), Sugar: 7.78g (8.64%), Cholesterol: 29mg (9.67%), Sodium: 171.04mg (7.44%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.62g (39.24%), Vitamin C: 74.05mg (89.76%), Vitamin B12:
3.89µg (64.92%), Manganese: 1.12mg (55.92%), Vitamin B1: 0.61mg (40.83%), Fiber: 9.54g (38.17%), Vitamin B6:
0.72mg (36.17%), Phosphorus: 325.8mg (32.58%), Vitamin K: 34.07µg (32.45%), Vitamin B3: 6.32mg (31.62%),
Potassium: 1087.35mg (31.07%), Folate: 111.71µg (27.93%), Copper: 0.45mg (22.35%), Vitamin B2: 0.38mg (22.27%),
Iron: 3.74mg (20.77%), Magnesium: 82.26mg (20.57%), Vitamin A: 850.53IU (17.01%), Vitamin B5: 1.56mg (15.61%),
Selenium: 10.9µg (15.57%), Zinc: 2.11mg (14.09%), Vitamin D: 1.95µg (13%), Calcium: 70.81mg (7.08%), Vitamin E:
0.53mg (3.56%)