

Cod Fish Cakes with Parsley Gremolata

Prep: 15 min
Cook: 30 min
Serves: 4

Ingredients:

For fish cakes:

- 2 medium Yukon Gold potatoes
- 1 pound cod fish fillets, cooked
- ¾ cup bread crumbs
- ¼ cup fresh parsley, chopped
- 1 egg, lightly beaten
- 2 garlic cloves, minced
- 1 teaspoon kosher salt
- ⅓ cup all-purpose flour
- Olive oil, for pan frying

For parsley gremolata:

- 1 bunch fresh parsley, finely chopped
- ¼ cup fresh oregano, finely chopped
- 3 garlic cloves, minced
- ½ cup olive oil
- ½ teaspoon kosher salt

Directions:

For fish cakes:

1. Dice the potatoes and add to a medium saucepan. Add enough water to cover the potatoes, and bring to a boil. Reduce heat to a simmer and cook until potatoes are fork-tender, about 10 minutes. Strain, return to the saucepan and mash.
2. Break apart the cooked cod fillets into large flakes in a large bowl. Add the mashed potatoes, bread crumbs, parsley, egg, garlic cloves and salt. Gently mix until evenly combined.
3. Form into 8 patties and lightly coat each patty in flour.
4. Add ¼-inch of olive oil to a large skillet and heat over medium-high heat. Working in batches, fry the patties 3 minutes per side, or until golden brown.



Nutrition Information		
Serving size: 302g	4 servings	Calories: 640
Amount per Serving		% Daily Value
Total Fat	44g	56%
Saturated Fat	6g	30%
Trans Fat	0g	
Cholesterol	95mg	32%
Sodium	930mg	40%
Total Carbohydrate	37g	13%
Dietary Fiber	3g	11%
Total Sugars	2g	
Added Sugars	1g	2%
Protein	28g	
Vitamin D	1mcg	6%
Calcium	126mg	10%
Iron	4mg	20%
Potassium	1020mg	20%

For parsley gremolata:

1. Mix together parsley, oregano, garlic, olive oil and salt in a small bowl. Serve with the cod fish cakes.