

**PREPARATION: 15 MINUTES**

**COOKING: 30 MINUTES**

**4 SERVINGS**

# FISH CAKES WITH CORN REMOULADE

## INGREDIENTS

### CAKES

- 1 pound tilapia or haddock fillets**
- 1 tablespoon lemon zest**
- 1/2 cup red pepper, diced**
- 1/2 cup green onions, sliced**
- 1/4 cup mayonnaise**
- 1 egg**
- 2 tablespoons fresh parsley, chopped**
- 1/4 cup panko bread crumbs**
- 1 tablespoon olive oil**

### REMOULADE

- 1/2 cup plain Greek yogurt**
- 1 teaspoon Dijon mustard**
- 1/4 cup corn niblets**
- 1/4 teaspoon chili powder**
- 1 teaspoon lime juice**
- 1 tablespoon cilantro**



### Nutrient Analysis

**PER SERVING:**

2 patties

**RENAL EXCHANGE:**

3 Protein + 1 Starch + 2 Vegetable	
Calories	278Kcal
Protein	27g
Carbohydrates	14g
Fibre	1g
Total Fat	13g
Saturated Fat	3g
Cholesterol	112mg
Sodium	241mg
Potassium	559mg
Phosphorus	291mg

## PREPARATION

- 1 Preheat conventional oven to 400°F.
- 2 Place fish in a baking dish and bake for approximately 20 minutes or until the fish is cooked through. The fish can also be steamed. Allow fish to cool.
- 3 To make the corn remoulade, mix all ingredients together. Refrigerate until ready to serve.
- 4 In a mixing bowl, flake the fish and combine it with the remaining fish cake ingredients. With a spoon, gently fold all the ingredients together.
- 5 Using your hands, shape fish cake mixture into 8 patties of equal size.
- 6 In a frying pan, heat the oil over medium heat. Fry the patties until golden, approximately 3 minutes per side.
- 7 Serve a dollop of remoulade on top of each fish cake and enjoy.

## Tips

These fish cakes may be served as an appetizer, as an entrée with salad, or as sliders in buns or mini pitas.

They can also be frozen. If you choose to freeze the uncooked patties, thaw them thoroughly before cooking (on a paper towel) to remove excess liquid.