

## Low-Sodium Fish Cakes

60 MIN

6 Servings

Easy

Ingredients

- 1 pound either cod, hake or salmon\* see note about using salmon and other fish  
Check all fish for bones before or after baking
- 2 tablespoons to ¼ cup (approximately) good olive oil
- Freshly ground black pepper - optional
- 1 cup small-diced red onion – about ½ medium onion
- ¾ cup small-diced celery – about 2 to 3 large ribs
- ½ cup small-diced red bell pepper – about ½ large pepper or 1 small pepper
- ½ cup small-diced yellow bell pepper - about ½ large pepper or 1 small pepper
- ¼ cup minced fresh flat-leaf parsley
- 1 teaspoon low sodium Worcestershire sauce (optional)
- 1 ½ teaspoons Herbs de Provence
- ¼ cup organic mayonnaise or vegan mayo
- 2 teaspoons salt-free mustard
- 1 ½ cups organic panko - divided for gluten-free cakes use One Degree brand Sprouted Brown Rice Crisps Cereal. Crush them up in a food processor and they will be similar to panko.
- 2 large eggs, lightly beaten

Instructions

Preheat the oven to 400 °

### Bake the Fish

Place the fish on an oiled rimmed sheet pan or if the fish has skin, skin side down on a rimmed sheet pan with a silicone baking mat.

Sprinkle with a little freshly ground pepper (optional)

Bake for 8 - 12 minutes, depending on the thickness of the fish until just cooked.

## **Sauté the Veggies**

While the fish is baking put a bit of olive oil in a sauté pan. Heat the oil on medium heat, but not to smoking. Put the onion in the pan and sauté for a few minutes, stirring regularly until the onions become translucent.

Then add the celery, red and yellow bell peppers and cook with a lid on the pan until the vegetables are soft about 8 - 10 minutes. Stir regularly.

Allow the veggies to cool.

## **Put it Together**

In a separate bowl large enough for all the ingredients, combine the parsley, low sodium Worcestershire sauce, Herbs d' Provence, mayo, mustard, and 1/2 teaspoon pepper.

The fish should now be cool enough for you to flake it with a fork. Put it into the bowl with the parsley, mayo, mustard, etc. Add the vegetable mixture,  $\frac{3}{4}$  cup panko or ground rice crispies, and the egg. Put the remaining panko/brown rice crispies on a separate sheet pan. Shape the salmon mixture into 6 cakes. Roll in the panko/crispies and reshape the salmon cakes so they are firm. Place on a sheet pan and put in the fridge to cool for at least 30 minutes up to an hour.

## **To Bake the Fish Cakes**

Preheat the oven to 350°.

Oil a sheet pan. Place the salmon cakes on the sheet pan, put them into the hot oven, and bake for 10 minutes. Carefully flip the cakes to the other side and bake for another 10 to 12 minutes until the coating has browned a bit.

## **To Pan Fry the Fish Cakes**

Heat  $\frac{1}{4}$  cup olive oil in a large sauté pan over medium heat. In batches, add the salmon cakes and fry for 4 - 5 minutes on each side, until browned. Drain on a wire

rack placed over a cookie sheet or place on paper towels. You can keep them warm in a preheated 250° oven and serve hot.