



Ingredients

SWEET POTATO FISH PATTIES (MAKES 10)

- > 2 medium sweet potatoes
- > 300 grams fish flesh
- > 1 tablespoon butter
- > 1/2 cup frozen peas
- > Finely grated zest of 1/2 lemon
- > 1 egg beaten
- > 1 cup fine breadcrumbs
- > Pepper

FOR CRUMBING

- > 1 1/4 cup panko breadcrumbs
- > 1/2 cup flour
- > 2 eggs
- > 4 tablespoons vegetable oil for frying



SWEET POTATO FISH PATTIES

An easy and versatile dish, perfect for making a little fish go a long way

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These crunchy crumbed fish patties make a great snack served with a lemon wedge and tartare, or herbed yoghurt dipping sauce. You can also turn them into a healthy light meal if you add a leafy green salad.

I've used flathead in the patties, but you can use any local firm fleshed fish that will hold its shape well in the mix.

METHOD

Bring a saucepan of water to the boil, add the sweet potato and cook until tender. Drain and set aside to cool.

Pan fry the fish in butter for a few minutes until cooked, then set aside to cool slightly.

Put the sweet potato in a large bowl and mash roughly with a fork, leaving

the texture a bit chunky, then add the fish, thyme, lemon zest, egg, peas and breadcrumbs and mix together until combined.

Form the mixture into patties, coating them one at a time in flour, then egg and finally pressing them firmly into the panko crumbs.

Heat oil in a frying pan over medium heat and cook the patties in batches for 2-3 minutes on each side until golden. Drain on paper towel and continue until all patties are cooked. Add a little more oil if needed and reduce heat a little with subsequent batches of patties.

The patties can be made in advance and then heated in the oven at 200 degrees for around 10 minutes or until crunchy and heated through. These tasty yet simple patties are perfect for a main course or finger food over summer. **FSM**