

Fish Cake Burgers



Preparation time: 20 mins

Serves: 4 people

User Rating: ★★★★★

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This is a great way to use up leftovers, but you can easily sub in tinned tuna, salmon or mackerel.

Recipe by Camellia Ling Aebischer.





Ingredients

- 2 cups flaked fish
- 2 cups mashed potato
- 2 tbsp capers
- 2 tbsp mayonnaise
- 2 eggs
- ½ cup instant polenta
- Salt and pepper, to taste
- Instant polenta, to coat

For fish burgers

- 6 burger buns, toasted
- 6 eggs
- Lettuce, sliced tomato and mayo
- Sliced beetroot, pineapple and bacon rashers, optional

Method

1. In a large bowl place all the fish cake ingredients. Mix well.
2. Form into 6 large or 12 small patties, and roll in extra polenta to crumb.
3. Place a large pan over medium heat, add a good lug of olive oil or ghee and fry the patties on each side until golden and crispy - a few minutes. You can serve these as-is with dipping sauce of choice, I like half mayo half chilli sauce mixed together.
4. For the burgers, toast your buns and place a large frypan over medium-high heat. Fry eggs, bacon and if you're using leftover fish cakes for this reheat them in the pan too (also works great on a bbq). Stack on a bun with your preferred fillings and enjoy.