

Fish Cakes (Makes 4 cakes)

Ingredients

240g haddock or cod, cooked – check fat exchange list for fat content

240g potatoes, boiled

1 tablespoon MCT Oil

1 tablespoon parsley, chopped

Salt & pepper

Lemon juice, to taste

Skimmed milk, to bind

1 egg white, lightly beaten

Dry breadcrumbs (check what bread you are allowed)

MCT Oil, for frying

Method

1. Skin, bone and flake the fish.
2. Mash the drained potatoes and mix in the oil.
3. Add the fish, parsley and seasoning.
4. Add lemon juice to taste.
5. Bind, if necessary, with a little skimmed milk.
6. Shape into cakes on a floured board.
7. Dip in egg white, then coat with breadcrumbs (if allowed).
8. Fry in MCT Oil until crisp and golden brown.
9. Drain on kitchen paper.

Serving Suggestions

Add tomatoes fried in MCT Oil or serve with a tomato sauce.

Recipe taken from MCT Oil Recipes booklet by Nutricia Metabolics

National Centre for Inherited Metabolic Disorders