

COD & CAYENNE

Time: 20 minutes

Serves: 4

Ingredients:

For the cod cakes

1 tablespoon extra-virgin olive oil
1 pound cod fillets – roughly chopped
2 egg whites
2 tablespoons tightly-packed cilantro or parsley leaves
2 cloves garlic - finely chopped or grated
1 red chili – seeded and very finely chopped
¼ teaspoon kosher salt

For the vinaigrette

2 teaspoons lemon juice
1 clove garlic - finely chopped or grated
¼ teaspoon cayenne pepper
¼ teaspoon kosher salt
2 tablespoons – extra-virgin olive oil

Preparation:

Place a non-stick pan on medium to medium-high heat.

Combine the balance of the cod cake ingredients in a food processor until they are well-blended, but not puréed.

Form the cod mixture into eight cakes.

Cook the cakes for four minutes on each side until golden brown, being very careful when turning them.

While the cod cakes are cooking, combine all vinaigrette ingredients except the oil in a small bowl then whisk in the oil.

Plate the cod cakes topped with the vinaigrette.

Nutritional Information Per Serving:

Calories: 197
Fat: 11g
Carbs: 1g
Fibre: 0.2g
Protein: 22g