

Fishcakes with barley salad & lemon drizzle

Recipe by Vanessa Marx, Head Chef at Dear Me

Photograph by Claire Dunn

Fishcakes

Ingredients

- 1 x can (400 g) of mackerel (middle cut)
- 1/4 cup oat bran
- 1/2 cup grated carrot
- 1 free-range egg
- Zest of 1 lemon
- 10 g chopped fresh herbs (chives, dill, parsley)
- Salt & pepper
- 2 tablespoons avocado oil

Method

- 1 Drain the mackerel of any liquid, and put it into a large mixing bowl.
- 2 Using a fork, shred the fish up until it's fine and there are no large chunks.
- 3 Add the oat bran, carrot, egg, lemon zest, and chopped herbs, and mix well. Leave the mixture to stand for a bout 30min in the fridge, so the oat bran soaks up excess liquid in the mixture.
- 4 Separate the mixture into 8 equal sized balls, and shape them into patties.
- 5 Season the fishcakes with salt & pepper.
- 6 Put a large non-stick frying pan onto a medium heat and drizzle the oil into the pan.
- 7 Once the pan is hot, add the fishcakes and fry on the first side for around 2 minutes, until golden brown. Turn them over and repeat on the other side.



Serves 4

Barley Salad and *Lemon Drizzle* recipes on the next page...

NutritionConfidence Recipes

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Barley Salad

Ingredients

1 cup cooked pearl barley, cold
40 g watercress
1/2 medium cucumber
1 avo
50 g almonds, raw & chopped
50 g mixed bean sprouts
100 g cherry tomatoes, cut in half
50 g sliced red onion
10 g basil
10 g fennel
100 g feta
Salt & pepper

Method

- 1 Wash the cucumber, tomatoes, and herbs.
- 2 Using a peeler, shave the cucumber into ribbons.
- 3 Cut the avo in half, remove the skin & pip and cut the avo into chunks.
- 4 In a large bowl, mix together the barley, cucumber ribbons, almonds, bean sprouts, tomatoes, onion, tear the fennel & basil up and add to the salad.
- 5 Assemble the salad on a platter. Spread the barley salad mixture on the bottom of the platter. Add the chunks of avo, and crumble the feta over the top of the salad. Sprinkle the watercress on top of the salad.

Lemon Drizzle

Ingredients

Zest & juice of 1 lemon
1 teaspoon smooth Dijon mustard
4 tablespoons extra virgin olive oil
1 teaspoon chopped chives
Salt & pepper

Method

- 1 Whisk together the lemon juice, zest & mustard.
- 2 Drizzle the olive oil into the lemon mixture whilst whisking.
- 3 Mix in the chopped chives, and season with salt & pepper.



We love it!

This meal ticks all the boxes - high in fibre, packed with omega 3 fatty acids, heart healthy mono-unsaturated fatty acids, an array of vitamins and minerals and contains a great balance of protein, carbohydrate and fat; and besides that its good for the earth and tastes yummy!



Dietitians say...

Oats are a good source of soluble fibre- also known as oat beta-glucan. Research suggests that the soluble fibre in oats may reduce the risk of coronary heart disease by reducing cholesterol levels, specifically LDL cholesterol.

Mackerel and sardines are very good sources of omega 3 fatty acids.

They play a crucial role in brain function, as well as normal growth and development. Research shows that omega-3 fatty acids reduce inflammation and may help lower risk of chronic diseases such as heart disease, cancer, and arthritis.