



DropChef Mackerel Fishcakes with Courgette Chips and Salad

Mackerel is a nutritional powerhouse! Loaded with protein, calcium, and omega-3 fatty acids this fish is one food you should factor into your diet on a regular basis. We have added watercress to the mix here to load up the vitamin C and beta-carotene content - did you know watercress has more vitamin C weight for weight than oranges?

Ingredients

- Mackerel
- Potatoes
- Courgettes
- Spring Onions
- Flour
- Horseradish sauce
- Parmesan
- Watercress
- Cherry Tomatoes
- Balsamic Dressing
- Parsley

Your Pantry

- Olive oil

Nutritional Info

Calories: 564kcal
 Carbohydrates: 79g
 Protein: 25g
 Fat: 24g

Allergens

- Wheat (Flour)
- Fish (Mackerel)
- Sulphur Dioxide (Balsamic Dressing)
- Egg (Horseradish Sauce)
- Mustard (Horseradish Sauce)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



METHOD

Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.

1) Boil the kettle and preheat the oven to 180C

Line a baking sheet with parchment paper and drizzle with oil.

2) Prepare the vegetables.

Peel the potato and chop into 2cm cubes. Remove the top and tail of the courgette and discard. Cut the courgettes into chips. Slice the spring onions thinly. Finely chop the parsley. Slice the tomatoes in half and place them in a bowl with the watercress to be set aside.

3) Cook the potatoes

Cook the potatoes in a pot of boiling, salted water for about 15 minutes or until soft. Use a fork or potato masher to mash the potato with a knob of butter. While the potatoes are cooking...

4) Make the courgette chips

Place the courgette chips into a bowl or bag with a *third* of the flour (the rest will be used in the potato cakes later), all of the parmesan, and salt and pepper. Give them a shake until fully coated then transfer to a baking sheet. Place in the oven and bake for 20-25 minutes.

5) Make the fish cakes

Drain the mackerel and place in a bowl. Use a fork to flake the fish into medium-large pieces. Add the parsley, spring onions, horseradish sauce, and potatoes. Mix gently but thoroughly until well-combined.

Split the mix into 4 even portions and use your hands to form into a circular shape about 1cm thick. Arrange the remaining flour on a plate and roll the fishcakes in flour. Heat a good drizzle of oil in the bottom of a frying pan and place on medium-high heat. Once hot, lay the fish cakes in and cook for 4-5 minutes on each side or until golden and crisp.

6) Plate the dish

Serve the fish cakes with the courgette chips and salad. Dress the salad with the balsamic dressing and enjoy.



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