

Smoked Trout Patties & Boiled Eggs



Preparation time:	40 mins
Serves:	3 people
User Rating:	★★★★☆

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Categories: Lunch Recipes

Try something different for lunch with these delicious smoked trout patties - otherwise known as fish cakes - or whip them up for when you're next entertaining for a quick bite before the main meal!



Ingredients

Patties:

- 8 eggs, 2 egg yolks for mix, 6 eggs for boiling
- 500g potatoes
- 400g boneless hot smoked trout fillets
- ¼ bunch chives, chopped
- Salt and pepper to taste

- 1 cup flour
- 1 cup breadcrumbs or panko crumb
- Oil for frying

Salad:

- 2 Lebanese cucumbers, peeled and thinly sliced
- ¼ red onion, finely diced
- ¼ bunch dill, chopped
- 1 tsp small capers
- 1 tsp white balsamic or white wine vinegar
- 1 tbsp extra virgin olive oil
- Pinch of sugar
- Salt and pepper to taste

Method

1. Peel and boil potatoes until cooked. Drain well and mash.
2. Flake the smoked trout into the mash and season. Separate two eggs, adding the egg yolks and chives to the mash mix. Keep the egg whites for crumbing.
3. Mix well and form into eight patties.
4. Roll patties in flour, lightly whisked egg whites and bread crumbs then set aside.
5. Combine all salad ingredients, checking seasoning and adjusting if necessary.
6. Soft boil the eggs, refresh under running water and peel. Cut eggs in half and set aside.
7. Add oil to frying pan and heat. Gently fry patties on both sides.
8. Place patties onto a plate, serving with boiled egg and garnish with cucumber salad.

Notes

For a different flavour burst, switch the trout for salmon instead.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
639g	4200kj 1004kcal	63.8g	40.5g	7.4g	91.3g	8.4g	1910mg	6.8g
Vitamin D								
13.6µg								

All nutrition values are per serve.