

## FISH CAKE SPICE MIX 30g



Price: \$4.60

**SKU:** SKU55980

**Product Categories:** [Blends for Seafood](#), [Blends without Chilli](#), [Herbs & Spices](#), [Rubs for Roasts, BBQ's & Grill](#), [Soups](#), [Spice & Herb Blends](#), [Sugar Free Blends](#)

**Product Tags:** [f](#)

**Product Page:**

<https://www.herbies.com.au/shop/herbs-and-spices/spice-herb-blends/fish-cake-spice-mix-30g>

### Product Summary

This tasty blend will enhance the flavour of fish.(SML PKT)

### Product Description

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**Contains:** Coriander seed, sumac, fennel, mace, ginger, lemon myrtle, dill, parsley,

Australian native pepperberry.

**Description & Use:**

This tasty blend will enhance the flavour of fish, whether pan-fried, grilled or made into fish cakes. Australian native spices give it a fresh, lively taste.

**Nutrition information:** (relates to dry spice mix only).

**Per 100g**

Energy (kj)

1258.67

Protein (g)

10.67

Fat (g) Total

14.33

Fat (g) Saturated

1.33

## Carbohydrate (g)

39.67

## Sugars (g)

3.33

## Sodium (mg)

1011

### **SMOKED COD FISH CAKES**

500g potatoes ( approx 3 medium) peeled and quartered.

1 tsp butter

400g smoked cod (approx 2 pieces)

1 tsp capers finely chopped

1 tbsp spring onion finely chopped

1 tbsp Fish Cake Spice Mix

1 tsp red chilli finely chopped(optional)

1 egg yolk

3 tbsp oil

1/2 cup raw polenta

Boil potatoes until tender, approx 12 minutes. Mash with butter. Meanwhile poach fish until it flakes easily. Drain, remove skin and any bones and flake fish into a bowl. Add onion, chilli(optional) and capers, stir in egg yolk and spice mix. Form into patties - makes 8 large or 10 medium patties. Place polenta in a shallow dish, roll fishcakes to coat. Heat oil in pan, add fish cakes and cook until crisp on both

sides.

## Product Attributes

- Dimensions: N/A
- Weight: 0.04 kg