



# I love cooking

easy & delicious recipes

## Hake Patties with Horseradish, Apple and Celery Relish

### Introduction:

Here is another healthy heart-smart recipe. Being on a healthy diet does not mean depriving your sensual self of all that food can offer. This awesome recipe offers plenty sensual variety: savoury, sweet, tart, warm, cold, soft, tender and crisp.

### Ingredients

#### Patties

450 g frozen hake fillets, skinned and cubed  
2 egg whites  
1 medium-large potato (160 g), scrubbed  
30 ml corn starch (Maizena)  
3 ml garlic & herb seasoning salt  
3 ml freshly-milled black pepper  
3 ml ground nutmeg  
45 ml spring onion, finely chopped with the green stalks  
30 ml parsley, chopped

#### Relish

30 ml celery stalks, very finely chopped  
30 ml spring onion, finely chopped with the green stalks  
1 sweet apple, cored and very finely chopped  
15 ml lemon juice  
30 ml low-oil mayonnaise  
30 ml fat-free plain yoghurt  
15 ml creamed horseradish  
30 ml celery leaves, finely chopped

### Method

First make the relish. Combine the celery, spring onion, apple and lemon juice in a glass dish. Add the mayonnaise, yoghurt, horseradish and celery leaves. Mix well, transfer to a serving dish, cover and set aside until required.

Place the hake cubes and egg whites in the processor and pulse until coarsely chopped. Transfer to a mixing bowl and cover.

Grate the potato and place in a bowl. Add enough cold water to cover. Now stir the potatoes; the excess starch will dissolve in the water and the process will help prevent the potatoes from turning blue-grey – promise. Drain well then dry thoroughly. A salad spinner lined with a dry clean cloth works like a bomb. When the potato is dry enough, add it to the fish then sprinkle with the corn starch. Add the herbal salt, black pepper, nutmeg, spring onion and parsley and stir lightly but well until combined.

Heat a non-stick pan to medium and drop spoonfuls of the patty mixture into the pan. Fry for 5 minutes per side or until golden brown then transfer to a serving platter. Garnish with the apple and lemon slices and celery leaves and serve warm with a green salad and butterbean mash.

Makes about 12 patties (depending on size, serves 6)

**Chef's hint:**

You can reduce the fat content even further by omitting the mayo (awww), and using more fat-free yoghurt.