



# Fish Cakes with Mango Chutney

Fish cakes and a mango chutney with Alpro Soya Cuisine

## Preparation

1. First, start with the mango chutney. Peel the mango, remove the stone and scoop out the flesh. Cut the mango into cubes. Peel the onion and cut these also into cubes. Remove the seeds from the chili peppers and chop together with the sprigs of coriander.
2. Place all ingredients in a saucepan to brown. Reduce to the lowest setting and simmer for about 20 to 25 minutes. Stir frequently and season with 2 tablespoons Alpro Soya Cuisine and lemon juice, salt and pepper.
3. For the fish cakes, coarsely mash the mackerel and pre-cooked potatoes. Add and mix with the pink shrimps, chopped onion, parsley, 2 tablespoons Alpro Soya Cuisine and lemon juice and cornstarch. Season with nutmeg, salt and pepper.
4. Knead the mixture into flat round shapes. Cook them for about 5 minutes until golden brown on each side in margarine and olive oil. Or bake them in a preheated oven at 180°C on a greased baking tray for about 15 - 20 minutes. Serve the fishcakes with a fresh salad of cucumber, red onion rings and mango chutney.



4 portions



30min



## Ingredients

- 300 g smoked mackerel
- 100 g of small pink shrimps
- 250 g floury pre-cooked potatoes (peeled)
- 1 egg
- 1 chopped onion
- 1½ tablespoon of cornflour
- 4 tablespoons of lime juice
- 4 sprigs of coriander
- 250 g mango
- ½ red chili pepper
- 1 ½ red onion
- 70 ml cider vinegar
- 3 tablespoon of honey
- 4 tbs Alpro Soya Cuisine
- 1 tablespoon of margarine
- 1 tablespoon of olive oil
- 1 cucumber
- pinch of nutmeg
- pinch of freshly ground pepper
- pinch of salt

## Made with

Soya Single Chilled

