Crispy fishcakes with lime

80g panko breadcrumbs

¼ tsp ground black pepper

¼ tsp sea salt

2 tbsps mayonnaise

2 tbsps Thai sweet chilli sauce

3 tbsps fresh coriander, finely chopped

1 egg

300g white fish, chopped (e.g. cod, haddock)

2 tbsps olive oil spray

**to serve:**

lime wedges

Make 8 fishcakes

Per fishcake:

148 calories

9g protein

10g carbs

8g fat

Place 30g panko, black pepper, salt, mayonnaise, sweet chilli sauce, coriander, egg and fish in a bowl. Stir until well combined.

Pour the remaining panko onto a plate. Take a small handful of the fishcake mixture and coat in the breadcrumbs, whilst shaping into a round patty.

Continue until the mixture is all used up, aiming for around eight even-sized patties. Spray the fishcakes on both sides with 2 tbsps olive oil spray.

Lightly coat the basket of an air fryer with a small amount of olive oil spray.

Preheat your air fryer or oven to 200˚C/400˚F. Place

the fishcakes into the air fryer basket or onto a foil-lined tray. Cook for 10 minutes or until golden and crispy. Serve with lime wedges.

Store any leftover fishcakes in an airtight container and refrigerate for up to 2 days.Crispy fishcakes with lime.png