

THE ARBROATH SMOKIE TRAIL



## Arbroath Smokie Fishcakes with Mango and Avocado Salsa



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# Arbroath Smokie Fishcakes with Mango and Avocado Salsa

- 200g Maris Piper potatoes
- 200g Arbroath Smokie
- Small bunch of parsley, finely chopped
- Zest of 1 lime
- Breadcrumbs
- 1 egg
- Plain flour
- Salt & pepper

## Mango & avocado salsa:

- 1 mango
- 1 avocado
- Juice of 1 lime
- Small bunch of coriander, finely chopped
- 1 shallot
- Drizzle coconut oil/olive oil

Makes 4

1. Boil and then mash the potatoes and allow to cool.
2. Take the skin off the fish and pick the fish off the bone.
3. Mix the flaked fish with the mash and add parsley, lime zest and season. Shape into 4 fishcakes. Coat with flour and then dip in beaten egg and coat with breadcrumbs.
4. Pan fry to seal on both sides and finish in the oven at 180°C for 10 minutes.

## Mango & avocado salsa:

1. Finely dice the shallot, mango and avocado.
2. Mix with the lime juice and chopped coriander and a drizzle of coconut (or olive) oil.

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