

A Taste of **ANGUS**

RECIPE 47

Arbroath Smokie Fishcakes with Mango and Avocado Salsa



Serves 4



INGREDIENTS (Fishcakes)

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

METHOD

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.

INGREDIENTS (Mango & Avocado Salsa)

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

METHOD

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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