

### INGREDIENTS

500 g white fish fillets (salmon, basa, trout, cod haddock, hake)  
2 tbs dijon  
1 tsp creamed horseradish  
2 tsp mayonnaise  
1 egg  
3 tbs bread crumb/ corn flake crumb  
1 tsp ketchup  
1 tsp capers, finely chopped  
3 stalk spring onion, finely sliced  
1 tbs parsley or leek flakes  
Pepper, to taste



### PREPARATION

Steam fish fillets for 4 minutes  
Make the sauce and add egg. Beat well and add crumb and green onions and capers.  
Flake fish and mix well.  
Form into cakes and bake for 15 minutes at 370 Fahrenheit.

Serve with avocado aioli  
3 Hass avocados  
2 egg yolks  
3 tablespoons chopped basil  
¼ tsp minced garlic  
2 tablespoons fresh lime juice  
1 tsp white wine vinegar  
1 seeded serrano chile or unseeded jalapeño, minced  
Salt and freshly ground pepper

Put ingredients in a blender and mix until a mayonnaise consistency forms