

Sweet Potato Fish Cakes with Lemon Mayo Dip



B-well mayo is canola-based and, with an endorsement from the Heart and Stroke Foundation of South Africa, it's also a heart-smart option!

Here's why this is an ingredient for better living:



Ingredients:

For the fish cakes:

- + 1.6 kilogram sweet potato, diced
- + 50 grams frozen peas
- + ½ bunch fresh chives, finely chopped
- + 3 cans tuna, drained
- + 1 tablespoon lemon juice
- + 1 large egg, beaten *
- + 1 tablespoon plain whole wheat flour, plus extra for dusting
- + 2 tablespoons B-well Canola Oil
- + 1 small onion, chopped
- + Salt and pepper, to taste

*** Egg replacement tip:** Use 3 tablespoons of B-well Sandwich Spread instead of the egg. Not only will it bind the ingredients, but it will add a delicious tang to the overall taste of the fish cake.

For the dip:

- + 2 tablespoons B-well Thick & Creamy Mayonnaise
- + 1 tablespoon plain yoghurt
- + 1 teaspoon lemon juice

Instructions:

1. Preheat the oven to 180°C.
2. Boil the sweet potatoes and frozen peas in water until tender. Once cooked, drain and allow them to cool completely.
3. In a mixing bowl, combine finely chopped chives, drained tuna, and lemon juice.
4. Add the beaten egg, salt, and pepper to taste.
5. Once cooled, return the sweet potatoes and peas to a pot and mash them.
6. Mix the mashed sweet potatoes and peas into the tuna/chives mixture until well combined.
7. Lightly dust your hands with flour. Divide the mixture into eight equal parts and shape them into fish cakes, roughly 2 centimetres thick.
8. Spray a baking tray with cooking spray. Place the fish cakes onto the tray and bake for 5 minutes.
9. For the dip, mix mayonnaise, plain yoghurt, and lemon juice in a bowl.
10. Serve the sweet potato fish cakes with the lemon mayo dip.



Did you know that colourful diets encourage consumption of vital nutrients, like vitamins and minerals, found in fruits, vegetables, and whole grains? This balanced approach ensures kids get a wide array of nutrients crucial for their growth and development.