



Just Recipes.

White Fish, Green Olives & Citrus Patties w/ Fennel & Orange Salad

A fresh and light lunch that's elegant enough to be served to company.

Ingredients

Serves 2

For the patties

12 oz [350 g]	cooked white fish fillets (such as tilapia), crumbled
1 tsp [5 ml]	fennel seeds
½ tsp [2.5 ml]	black peppercorns
½ tsp [2.5 ml]	dried red chillies
Zest	half an orange
1	slice whole wheat bread, toasted and crumbled
¼ cup [60 ml]	finely chopped green olives
2	green onions (scallions), finely chopped
¼ cup [60 ml]	chopped fennel fronds, basil and mint, tightly packed
1	egg, lightly beaten
1 tbsp [15 ml]	lemon juice
¼ cup [60 ml]	very fine and dry breadcrumbs, or panko
2 tbsp [30 ml]	extra-virgin olive oil

For the sauce

4 parts	prepared mayonnaise
2 parts	freshly squeezed lemon juice
1	green onion (scallion), finely chopped

For the salad

1	fennel bulb, thickly sliced
2	handfuls arugula (rocket) leaves
1	orange, segments only
2 tbsp [30 ml]	extra-virgin olive oil
1 tsp [5 ml]	freshly squeezed lemon juice
Pinch	fleur de sel, freshly ground black pepper

Method

For the salad

Preheat oven to 400°F (200°). Coat the thickly sliced fennel with a bit of olive oil, sprinkle with salt and pepper. Spread in a baking sheet and roast for 8 to 10 minutes until fennel is tender and lightly browned. Let cool.

For the patties

Using a mortar, crush the fennel seeds, black peppercorns and dried red chillies to a fine powder. Mix the crumbled white





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Method (continued)

fish fillets, spice powder, orange zest, breadcrumbs, green olives, green onions and herbs. Add the egg and the lemon juice and mix to combine thoroughly. Shape mixture into 4 large 3-inch (7.5 cm) or 6 smaller 2-inch (5 cm) patties. Be careful when handling the patties because they are delicate and can break easily. Coat each patty with breadcrumbs.

Heat the olive oil in a large non-stick skillet over medium-high heat. Cook the patties 2 minutes per side, until golden and crisp. Keep warm.

Assemble the salad

Roughly chop the roasted fennel slices. Delicately mix the chopped fennel with the arugula leaves and the orange segments. Drizzle with olive oil and lemon juice, sprinkle with fleur de sel and freshly ground black pepper. Mix again to coat.

Make the sauce

Mix all the sauce ingredients together. Double or triple the recipe to taste, following the ratio provided.

To serve

Serve 2 to 3 patties per person, with a little bowl of sauce and a portion of salad on the side.