

IRAN

Fish Cutlets



Ingredients:

400g cooked shredded white fish usually *Mugil cephalus*, *Oncorhynchus mykiss*, *Johnius belangerii* or *Pomadasys hasta*

2 medium boiled potatoes
1 small onion, grated
2 garlic cloves, grated
1 tbsp chopped parsley
1 egg
Salt, pepper, turmeric to taste
Bread crumbs for coating
Oil for frying

Instructions:

1. Shred the cooked fish.
2. Mash boiled potatoes and mix with fish.
3. Add onion, garlic, parsley, egg, and spices, then mix well.
4. Shape into cutlets and coat with bread crumbs.
5. Fry in hot oil over medium heat until golden brown.