

Featured Recipe



BunnyMan's Fishcake Supreme



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recipes with sass!

BUNNYMAN'S FISHCAKE SUPREME

SERVES

4-5

Fishcake Fixings

- ★ 5 tbsp. pastured butter
- ★ 1/2 c. yellow onion, finely chopped
- ★ 1 stalk celery, finely chopped
- ★ 1 lb. boneless Cod filets
- ★ 1/2 c. gluten-free bread crumbs
- ★ 1/3 c. parsley, finely chopped
- ★ 2 beaten eggs
- ★ 1 tsp. lemon zest
- ★ 1 tbsp. fresh lemon juice
- ★ 1 tsp. Celtic sea salt or Himalayan rock salt
- ★ 1/8 tsp. ground ginger
- ★ dash of ground black pepper
- ★ 1/4 c. quinoa flour or brown rice flour
- ★ 1/4 tsp. cayenne pepper

Fishcake Prep

1. Bake Cod filets at 350F for 15-20 min. Let cool and flake into a large bowl.
2. Melt 3 tbsp. butter in skillet and sauté onion and celery until tender, but not browning.
3. In a large bowl, combine contents of skillet, cooked fish, crumbs, eggs, lemon zest, lemon juice, salt, ginger and black pepper. Mix well until mixture holds together and can be shaped.
4. Chill 1 hour (not essential, but helpful)
5. Shape into 4-5 flat cakes.
6. Combine flour and cayenne and use them to lightly coat fish cakes.
7. In skillet, melt 2 tbsp. butter over medium heat and lightly brown cakes on each side, about 6-8 minutes per side.
8. Top with heaping serving of Tropical Salsa (*see next page for recipe*) and serve 'em on up!

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Tropical Salsa Fixings

- ★ 1 organic peach
- ★ 1 mango
- ★ Juice of 1 lime
- ★ ½ c. cilantro, coarsely chopped
- ★ 1 tbsp. chives, finely chopped
- ★ ½ tsp. raw honey

Tropical Salsa Prep

1. Chop peach and mango into small-ish chunks, and place in bowl with chives and cilantro.
2. Lightly whisk lime juice and honey together, pour over contents of bowl, and mix.

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