

Rice and Fish Fritters

<http://wp.me/pWGRR-1lb>



*1 lb white fish meat (catfish, cod, halibut, etc)
1 cup cold white rice (pre-cooked, day-old preferred)
1 egg yolk
1 shallot, minced
1/2 tsp each salt and pepper
1/4 tsp turmeric*

Serves two

Combine all of your ingredients and form into six flat cakes. Put them in the fridge for 30 minutes to firm up a little.

The rest is easy – warm up a couple tbsp of coconut oil in a skillet or frying pan on medium/high heat, then fry the cakes until golden brown, flipping once. It should take about three minutes per side. You could probably bake them at 400 degrees for about 10-15 minutes as well.

That's it! Super easy and tasty meal or quick-fix snack when you're looking for a healthy and satisfying snack. Feel free to experiment with add-ins, like scallions, garlic, ginger, chopped dried mushrooms, etc.