Crispy fish cakes with roasted pepper sauce can be made with any white fish, canned salmon, or even crab. Bake them or air fryer them!
Prep Time: 5 minutes mins
Cook Time:15 minutes mins
Total Time: 20 minutes mins
Yield: 4 servings
Course: Dinner, Lunch
Cuisine: American
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Equipment

- Air Fryer
- sheet pan

Ingredients

Roasted Red Pepper Sauce

- 1/4 cup roasted peppers (jarred)
- 1 clove garlic
- 1/2 teaspoon sweet paprika
- 1/4 cup light mayonnaise

Fish Cakes

- 1 pound fish fillets (such as flounder, tilapia, cod, halibut, salmon or use canned crab)
- 1 1/4 cup seasoned panko (gluten-free, divided* (or matzo meal for passover))
- 1/4 cup minced celery
- 2 tablespoons light mayo
- 1/2 tablespoon Dijon mustard
- 1 1/2 tablespoons lemon juice
- 2 large eggs (divided)
- 1/4 cup finely chopped parsley
- 3 scallions (green tops minced plus more for garnish)
- 1 teaspoon Old Bay seasoning
- 1/4 teaspoon kosher salt
- black pepper (to taste)
- olive oil spray
- lemon wedges (for serving)

Instructions

- Puree the roasted peppers, garlic and paprika in a mini blender and combine with the mayo, set aside.

Air Fryer Method:

- Place the fish in the air fryer basket and cook 400F 6 minutes until cooked though and easily flakes with a fork. Transfer to a large bowl, let cool and flake into small pieces. Wipe basket clean.
- Add fish to a large bowl with 1/2 cup panko, celery, mayo, dijon, lemon juice, 1 of the eggs, parsley, scallion, Old Bay, salt and black pepper. Stir well until combined.
- Divide into 8 portions, about 1/4 cup each and form into patties. If they fall apart add a little more panko.
- Place the remaining egg in a bowl and whisk. Gently dip the patties in the egg, then coat with the remaining panko and pat off any excess. Spray both sides with olive oil.
- Air fry the patties in an even layer 400F 8 minutes turning halfway, in batches as needed until golden brown and crisp. Serve with lemon wedges and red pepper sauce.

Oven Method:

- Bake the fish in a pre-heated 425F oven in a 9 x 12 baking dish until it flakes easily with a fork, about 10 minutes.
- Once the patties are formed, spray with olive oil and bake them in the oven until crisp, about 5 to 6 minutes on each side.

Notes

*1 tablespoon crumbs get tossed, which has been updated in n.i.

Nutrition

Serving: 2cakes, 2 tablespoons
sauce, Calories: 277kcal, Carbohydrates: 19.5g, Protein: 29g, Fat: 9.5g, Saturated Fat: 2g, Cholesterol: 153.5mg, Sodium: 624mg, Fiber: 1g, Sugar: 3g
– WW Points: 6