

## 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.