

Fish balls



🍴 For about 20 fish balls

Ingredients

400 g cod fillets
1/2 cup milk
1 slice and 1/2 of whole wheat bread
1 clove garlic
salt and extra virgin olive oil
1 sprig of parsley

For breading and frying

1 egg | panko | Peanut oil for frying

Method

Cook the cod in a pot with 1/2 cup of milk, the garlic, oil and salt if necessary.
Once cooked the cod, stir with a fork, add the bread coarsely diced, stir, cover the pot with the lid and let stand until cool.
Stir the mixture and if is still too wet add some other piece of bread or breadcrumbs, then add chopped parsley and roll into balls the size of a walnut. First, pass the fish balls in the beaten egg and then in panko, fry them in hot oil until they are golden, drain on absorbent paper and serve hot with some slice of lemon.