

Mediterranean Sardine Cakes

Air Fryer

Serves 2

Ingredients

- 2 cans sardines (≈200 g total), drained very well
- 1 large egg (50 g)
- 35 g whole-wheat panko
- 1 tsp olive oil (mixed into batter)
- Olive oil spray or light brush for exterior
- 20 g parsley, finely chopped
- Zest of ½ lemon
- 1 small garlic clove, minced
- ½ tsp Dijon mustard (optional)
- ¼ tsp salt + ¼ tsp MSG (adjust carefully)
- Freshly ground black pepper

Instructions

1. Drain **sardines** extremely well and pat dry lightly.
2. Mash, leaving some texture.
3. Mix in **egg, panko, parsley, garlic, zest, mustard**, and **olive oil**.
4. **Chill mixture 15–20 minutes** for structure.
5. Form into 4 equal patties (about 2 cm thick).
6. **Preheat air fryer to 190°C**.
7. Lightly brush or spray tops with olive oil.
8. Place patties in basket with space between.
9. Cook **8–10 minutes**, flipping half way, until golden.
10. **Rest 3–4 minutes** before serving.

Variation – High-Browning

- Reduce interior **panko to 30 g** and **reserve 15 g** for exterior coating.
- **Chill mixture 20–30 minutes** for firmer structure.
- Press patties lightly into reserved panko to coat both sides.
- Brush surfaces lightly with olive oil (do not soak).
- **Preheat air fryer to 185°C**.
- **Cook 6 minutes**, flip, brush lightly again.
- **Increase temperature to 200°C** and **cook 3–4 more minutes** until deeply golden.
- **Rest 3–4 minutes** before serving for crust to set.

Nutrition

Total Dish:

Kcal: 820 | Protein: 66 g | Fat: 48 g | Sat Fat: 8 g | Carbs: 30 g | Sugars: 2 g | Fiber: 4 g | Sodium: 1200 mg | Omega-3: 3.6 g

Per Serving:

Kcal: 410 | Protein: 33 g | Fat: 24 g | Sat Fat: 4 g | Carbs: 15 g | Sugars: 1 g | Fiber: 2 g | Sodium: 600 mg | Omega-3: 1.8 g

