



# WHOLE30® TILAPIA FISH CAKES

Makes 4 servings | Serving size: 3 fish cakes + salsa

PREP TIME

**15 min**

COOK TIME

**45 min**

TOTAL TIME

**1 hr**

*These fish cakes are a delicious way to get in your protein and veggies! Don't skip making the mango salsa—it adds freshness and exciting flavors to every bite.*

## Ingredients

### *Fish cakes*

- 1 pound tilapia
- 1 large sweet potato
- ½ teaspoon salt
- ½ teaspoon smoked paprika
- ½ teaspoon black pepper
- ¼ cup cilantro, chopped
- ¼ cup bell pepper, diced
- 1 garlic clove, minced
- 1 celery stalk, chopped
- 1 tablespoon lemon juice
- ¼ cup Whole30-compliant ranch

### *Mango salsa*

- 1 mango, diced
- 1 jalapeño, deseeded and diced
- 1 cup pineapple, diced
- ¼ cup red onion, diced
- ¼ cup cilantro, chopped
- ¼ cup red bell pepper, diced
- 1 teaspoon cumin
- ¼ teaspoon salt

## Directions

1. Preheat oven to 425°F.
2. Place the tilapia filets in a greased 9x13" pan.
3. Bake for 10–15 minutes, or until the tilapia can easily be flaked with a fork.
4. While the fish is baking, pierce the sweet potato with a fork, then place on a microwave-safe plate.
5. Microwave for 5 minutes or until potato is soft.
6. Cut the potato in half, then scoop out the flesh into a medium-sized bowl.



7. Use a fork or a potato masher to mash.
8. When the fish is done baking, add it to the mashed potato, then flake the fish with a fork. (Make sure to leave the oven, since you will be using it again.)
9. Add the remaining ingredients of the fish cakes to the bowl, then stir until well combined.
10. Prepare a baking sheet with aluminum foil and cooking spray.
11. Divide the fish mixture into 12 equal balls, then place them on the baking sheet. Flatten into round patties.
12. Bake for 20 minutes. Flip over, then continue to bake for an additional 10 minutes.
13. While the fish cakes are baking, make the mango salsa.
14. Add all of the salsa ingredients into in a medium bowl.
15. Stir until well combined.
16. Remove the fish cakes, then cool for about 5 minutes.
17. To serve, top with the mango salsa.
18. Store leftovers in an airtight container.