

# grain free sardine fish cakes

**Makes 2 servings**

RECIPE ADAPTED FROM: [Ditch the Wheat](#)

PREP TIME: 5-10 minutes

COOK TIME: 5-10 minutes

---

1 can of sardines (around 84 grams when drained)

1 egg

1½ Tbsp coconut flour

1 Tbsp Dijon mustard

2 Tbsp fresh parsley

¼ cup chopped green onion

⅛ tsp salt

¼ cup almond flour for coating the cakes

1 Tbsp olive oil

PLACE drained sardines, egg, coconut flour, Dijon mustard, parsley, green onion, and salt in a food processor.

PULSE until all combined.

ROLL into small or medium sized balls (about 4-6) and flatten with the palm of your hands.

DIP the fish cakes in a small bowl of almond flour. Evenly coat both sides.

HEAT olive oil in a medium-sized skillet over low to medium heat.

COOK fish cakes, turning once. The cakes are done when both sides are golden and crispy.

