

Fish Cakes (serves 4)

450g	Salmon, tuna cod or haddock (cooked and cooled)
450g	Potatoes
2 tbsp	Parsley/mixed herbs (fresh or dried)
115g	Fresh Breadcrumbs
1	Lemon
2	Eggs beaten
2 tbsp	Milk
	Plain flour



Peel the potatoes, cut into even sized pieces and cook in boiled water until tender.

Drain well and mash with milk to make them smooth. Leave to cool

Flake the cooked fish, discarding any bones or skin

Squeeze the juice from the lemon

Mix the fish, mashed potato, parsley/herbs, lemon juice until well combined.

With floured hands, shape the mixture in balls and flatten.

Dip into the beaten egg and coat with breadcrumbs.

Place on a greased baking tray

Chill for 30mins or until ready to cook

Preheat the oven to 200 °C/Gas mark 6/ 400 °F

Cook for 15-20mins or until piping hot and golden brown.

Tips

You can use tinned fish

To cook fresh fish, put the fish in a pan and cover with water, bring to the boil lower the heat and poach for 15 mins until cooked. Fish becomes opaque when cooked.

To make vegetarian cakes, try replacing fish with cheese and sweetcorn

You can use leftover jacket potatoes. Scoop out the cold potato and use to replace the mashed potato.