

Fish Cakes Recipe

Serves 4

Ingredients

- 1 tbsp of Rapeseed oil
- 8 potatoes
- 4 fillets of boneless oily fish

(tinned sardines, fresh salmon, or substitute with a white fish if desired)

- 3 eggs
- 400g of breadcrumbs (can be made from grated wholemeal bread)
- 100ml of milk
- Salt and pepper
- Mixed herbs (fresh or dried herbs)

Method

1. Pre-heat the oven to 200°C/gas mark 6.
2. Peel and wash the potatoes. Dice them and place in a pot of boiling water for 15 minutes
3. Meanwhile, drain any fish fillets that are tinned in oil or brine. Chop or shred the fish fillets and place into a bowl.
4. *If using fresh fish fillets, bake in the oven or steam in a steamer until done.*
5. Whisk the eggs in a bowl and set aside
6. Prepare the breadcrumbs in another bowl or plate for dipping the patties in
7. Wash and chop the salad vegetables and prepare the salad dressing
8. When the potatoes are soft, drain the water and mash the potatoes, gradually adding the milk, making sure they are not too mushy to handle. Add salt and pepper.
9. *Remove any skin from the freshly cooked fish if using*
10. Mix the potatoes and the fish together, add the mixed herbs and form into patties
11. Brush the patties all over with egg and dip in the breadcrumbs.
12. Brush a small amount of oil over the breadcrumbs and bake in the oven at 200°C until the breadcrumbs are crisp and golden (usually 30-40 minutes).