

Fish Cakes

Ingredients

300g mashed potato

200g canned Tuna fish

(red or pink salmon, smoked mackerel or sardines)

Tablespoon flour

2 tbsp chopped fresh herbs

100g fresh breadcrumbs

1 egg

Adaptations

| Fish | Fruit / Veg | Seasoning |
|---|---|---|
| Anchovies Red / Pink Salmon Smoked Mackerel Sardines | Sweetcorn Spring onions Red onions Celery Olives Lemon | Salt / pepper Parsley Basil Corriander Capers Lemongrass |

Boil Potatoes in a pan until soft

Mash potatoes in a bowl, stir in fish and other chosen ingredients

Season and shape into 8 patty shapes with your hands

Beat egg and place on a plate

Place flour and breadcrumbs onto individual plates

Place each fish cake in flour, egg and then breadcrumbs

Place on baking sheet

Cook cakes under a moderately hot grill until crisp and golden brown turning once

Serve with lemon wedges, fresh veg, salad, hoi sin sauce