

Fish Cakes

Ingredients

300g potatoes
 1 tin of fish (tuna, sardines, mackerel are all fine)
 1 small bunch parsley
 1 lemon
 1 tbsp seasoned plain flour
 4 tsp sunflower oil



Aim Higher

Add a crunchy coating to your fishcakes - try breadcrumbs, oats or crushed crisps or cornflakes.

Equipment

All equipment is provided by school

Remember a container and lid to take your food home

Oven temperature

Method:

1. Half fill a pan with water and put onto boil. Peel and dice the potatoes.
2. Cook the potatoes in boiling salted water until tender, about 15-20 mins.
3. Meanwhile open the tinned fish and drain off the brine or oil, coarsely mash them in a bowl (there's no need to remove the calcium-rich bones as they are soft enough to eat).
4. Wash and finely chop the parsley and zest the lemon. Add to the fish,
5. Drain the potatoes, then mash until smooth. Gently mix into the fish mixture and season. Shape into 4 fat fish cakes using floured hands, then dust lightly with the seasoned flour.
6. Heat the oil in a non-stick frying pan and fry the fish cakes for 3-4 mins on each side until golden and crisp.