

Fabulous fish cakes

Ingredients

250g potatoes
40g of fresh or dried breadcrumbs (1 slice of bread) or 4 oatcakes
100g canned fish, e.g. tuna in spring water
60g frozen or canned mixed vegetables
1 x 5ml spoon dried herbs, e.g. parsley or dill
Black pepper
1 egg



Serves 2

Equipment

Baking tray, vegetable peeler, vegetable knife, chopping board, saucepan, food processor or food bag, plate, large mixing bowl, colander, fork or potato masher, mixing spoon, small bowl.

Method

1. Preheat oven to 220°C or gas mark 7.
2. Grease or line a baking tray.
3. Peel and chop the potato.
4. Place chopped potatoes in a pan of cold water. Bring to the boil and cook until soft, approximately 10-12 minutes.
5. Blitz the slice of bread in a food processor, if making fresh breadcrumbs, or crush the oat cakes in a food bag, and tip onto a plate.
6. Drain the tuna and place in a large mixing bowl.
7. Drain the cooked potatoes and add to the bowl with the tuna.
8. Mash with a fork or a potato masher.
9. Add the mixed vegetables and herbs. Mix well and season with black pepper.
10. Divide the mixture into four.
11. Shape each portion into a cake (or a fish).
12. Crack the egg into a bowl and mix with a fork.
13. Dip a fishcake into the egg and then roll in the breadcrumbs or oatcakes to cover.
14. Place on the baking tray.
15. Bake for 15-20 minutes. Alternatively, cook in an air-fryer until golden, approximately 10 minutes.

Top tips

- Focus on fibre – use wholemeal bread for your breadcrumbs to give the fishcakes a fibre boost. Bread that is slightly stale is great for making breadcrumbs, rather than ending up in the food waste bin.
- Get at least 5 A DAY – use canned vegetables instead of frozen.
- Reduce food waste – use leftover mashed potato.
- Try canned salmon or crab or frozen fish also works well (cook frozen fish before using). Ensure that you use fish from a sustainable source. Refer to the [Good Fish Guide](#) for further information.

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