

Homemade Fishcakes

INGREDIENTS (make 6 fishcakes)

- 1 can new potatoes in water – drained and grated
- 1 small can **tuna, salmon or sardines** – drained and flaked
- 1 tomato – finely chopped
- 3 spring onions or ½ leek – washed and finely sliced
- 1 teaspoon mixed herbs
- 25g Cheddar **cheese** – grated
- 50g wholemeal **breadcrumbs**
- 1 egg – beaten
- freshly ground black pepper
- 2 tablespoons plain **flour**
- 2 dessertspoons vegetable oil



EQUIPMENT

- can opener, grater, plate, mixing bowl, chopping board, sharp knife, teaspoon, fork, small bowl, tablespoon,

METHOD

1. Place the grated potato in a mixing bowl. Add the fish, tomatoes, spring onions or leeks, herbs, cheese and pepper and mix well.
2. Add the breadcrumbs and half of the egg*. Mix together and if a little dry, add some more egg.
3. Divide the mixture into six and shape into rounds. Coat each round in little flour and then place in the fridge for 20 minutes to cool.
4. Heat a little oil in a non-stick frying pan and fry the fishcakes over a medium heat until golden brown and piping hot.

HYGIENE NOTE

*Always wash your hands thoroughly after touching raw egg.

ALLERGY AWARENESS!

This recipe contains: cereals containing gluten, milk, egg, fish

