



# WIGGLY FISHCAKES

LEARN · COOK · SHARE



## METHOD

### FOR THE FISHCAKES

1. Cook the potatoes in boiling water until just tender. Drain well and return to the pan on a low heat. Heat for another minute or two to evaporate excess liquid. Mash the potato with a small knob of butter and season. Allow to cool.
2. Put the fish, spring onions and milk in a shallow dish, cover with cling film and cook in the microwave for 1 ½ - 2 mins until just cooked. If you don't have a microwave, put everything in a saucepan and gently cook until just opaque and cooked through. You can poach the fish in milk or water.
3. Drain the fish and spring onions through a fine sieve. Gently mix through the potatoes, avoiding breaking up the fish too much. Form into 6 - 8 patties. The cooler the mash potato is when you do this, the easier it will be to form the patties as the mixture will be very soft when warm. At this point you can also add optional chopped herbs.
4. Break and beat the egg in one bowl and scatter flour and breadcrumbs on a separate plate. Dip the fishcakes into the flour then the egg and then the breadcrumbs and arrange on a sheet of baking paper on a tray. Put the patties in the fridge for at least half an hour to firm up if the patties feel very soft. At this point you can freeze the patties, wrapped individually. Defrost thoroughly before moving onto the next stage.
5. Heat a large frying pan with a generous glug of oil. When the oil is hot, carefully lower the fish cakes into the pan. Cook for 5 - 7 minutes or until golden brown underneath and then carefully flip them over. Fry for another 5 - 7 minutes or until golden on the bottom and heated all the way through.

Serve with Tartare sauce, new potatoes, salad or vegetables.

## INGREDIENTS (serves 4)

1 x pack Fish pie mix (cod, salmon, smoked haddock etc, weight around 320g-400g depending on pack size)

3 Spring onions, finely chopped.

100ml Milk/water

450g Potato, peeled, large ones cut in half

1 Large egg, beaten

Flour, for dusting

Breadcrumbs

Oil, for frying.

Optional herbs- parsley/dill

Lemon for garnish

## NUTRITION INFORMATION

### per 100g

Energy	381kJ/90kcal
Fat	2.5g
of which saturates	0.5g
Carbohydrate	8.5g
of which sugars	1g
Protein	8g
Salt	0.11g