

Year 1 and 2 Fishcakes

Ingredients:

500g cooked mashed potato (with butter/ milk if you like)

300g of mixed cooked fish (we used an even mix of smoked haddock and salmon)

75g of cooked peas and sweetcorn (again, an even mix)

Breadcrumbs

Oil

Heat an oven to 190C.

Method:

1. Put the mash, vegetables and fish in a bowl.
2. Mix well (we used our hands – breaks the fish up evenly)
3. Make into fishcakes of the size you like – be firm and make them as solid as you can.
4. Pat into the breadcrumbs to coat the fishcake.
5. Pan fry until golden on both sides.
6. Place on a baking tray to cook through for 15 minutes.

If you prefer a more ‘fishy’ fishcake then add more fish and less potato. Make sure you have enough potato to hold the cake together. The finished fishcakes freeze well and make a handy easy supper defrosted and warmed through.