

Fish Cakes *Week 4*

Ingredients

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
450g potato, peeled, large ones cut in half
75g frozen sweetcorn, defrosted
handful of grated cheddar cheese
1 large egg, beaten
flour, for dusting
olive oil, for frying

Method

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. Allow to cool.

Put the fish spring onions and milk in a shallow dish, cover with cling film and cook in the microwave for 1 $\frac{1}{2}$ - 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.

Drain the fish and spring onions through a fine sieve. Gently mix through the potatoes, avoiding breaking up the fish too much, along with the sweetcorn, cheddar and a generous grind of black pepper. 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.

Pour the egg on one plate and scatter flour on the other. Dip the patties in egg and then flour 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.

Heat a large frying pan with a generous glug of olive 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.