



# Fishcakes

## You will need:

### Basic ingredients

- 2 large baking potatoes
- A tin of tuna or other tinned fish
- Broccoli (optional)
- Salt and pepper

You can add other additional ingredients, such as sweetcorn, spring onion or peas

### For the breadcrumbs

- Plain flour
- Egg
- Bread / breadcrumbs

## Top tips

- Using tinned salmon / sardines will provide essential omega 3
- Add grated parmesan to your fishcakes for additional flavour
- Substitute potato with celeriac for a tasty alternative
- Can be made and frozen to cook at a later date

## Allergens

- Fish
- Gluten (use gluten free flour / bread or grind seeds, like pumpkin or sunflower, to coat your fishcakes)
- Egg

Peel and chop the potatoes, before boiling until soft

Mash with a little butter and season with salt and / or pepper. Drain the tuna and prepare or cook any vegetables you wish to add

Mix everything together and use your hands to form four individual fishcakes

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To make your own breadcrumbs, you can use a food processor or a cheese grater, using approximately 2 slices of slightly stale bread

Coat each fishcake in the flour, beaten egg and finally the breadcrumbs

Place on a lightly greased baking tray

Alternatively, chill in the fridge for cooking later or freeze for another time

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Preheat the oven to 180°C / Gas mark 4

Place the fishcakes in the oven and cook until golden brown and fully heated throughout (approximately 30 - 40 minutes)

Alternatively, shallow fry in a little oil, until they're golden brown and hot throughout

They're delicious served with a crisp, fresh salad and coleslaw

For more recipes, visit [www.talkcommunitydirectory.org/cooking](http://www.talkcommunitydirectory.org/cooking)

