# **Fabulous fish cakes**

**Ingredients**

250g potatoes

40g of fresh or dried breadcrumbs (1 slice of bread) or 4 oatcakes

100g canned fish, e.g. tuna in spring water

60g frozen or canned mixed vegetables

1 x 5ml spoon dried herbs, e.g. parsley or dill

Black pepper

1 egg

**Serves 2**

**Equipment**

Baking tray, vegetable peeler, vegetable knife, chopping board, saucepan, food processor or food bag, plate, large mixing bowl, colander, fork or potato masher, mixing spoon, small bowl.

**Method**

1. Preheat oven to 220°C or gas mark 7.
2. Grease or line a baking tray.
3. Peel and chop the potato.
4. Place chopped potatoes in a pan of cold water. Bring to the boil and cook until soft, approximately 10-12 minutes.
5. Blitz the slice of bread in a food processor, if making fresh breadcrumbs, or crush the oat cakes in a food bag, and tip onto a plate.
6. Drain the tuna and place in a large mixing bowl.
7. Drain the cooked potatoes and add to the bowl with the tuna.
8. Mash with a fork or a potato masher.
9. Add the mixed vegetables and herbs. Mix well and season with black pepper.
10. Divide the mixture into four.
11. Shape each portion into a cake (or a fish).
12. Crack the egg into a bowl and mix with a fork.
13. Dip a fishcake into the egg and then roll in the breadcrumbs or oatcakes to cover.
14. Place on the baking tray.
15. Bake for 15-20 minutes. Alternatively, cook in an air-fryer until golden, approximately 10 minutes.

**Top tips**

* Focus on fibre – use wholemeal bread for your breadcrumbs to give the fishcakes a fibre boost. Bread that is slightly stale is great for making breadcrumbs, rather than ending up in the food waste bin.
* Get at least 5 A DAY – use canned vegetables instead of frozen.
* Vary your protein – try canned salmon or crab or frozen fish also works well (cook frozen fish before using). Ensure that you use fish from a sustainable source. Refer to the [Good Fish Guide](https://www.mcsuk.org/goodfishguide/) for further information.
* Reduce food waste – use leftover mashed potato.