



FISH CAKES

Recipe by Charmian Thompson.

A delicious way to make the most of leftover fish and mash.

INGREDIENTS

(serves 4)

- 250g mashed potatoes
- 250g of cooked white fish
- Parsley, chives, mint or coriander (dried is fine)
- 1 egg, beaten
- Salt and pepper
- Flour for covering
- Oil for frying

Optional coating

- 1 egg, beaten
- Breadcrumbs

METHOD

- 1 Put the mashed potatoes into a basin.
- 2 Break up the fish and mix into the potatoes.
- 3 Add the herbs.
- 4 Add the egg, salt and pepper
- 5 Using floured hands form 8 flat round cakes.
- 6 Cover each cake lightly with flour.
- 7 Heat the oil in a frying pan until a faint haze can be seen.
- 8 Fry the fish cakes fairly quickly, turning them over when one side is crisp.
- 9 Pat with kitchen roll to remove excess oil and serve at once.

FOOD SAVVY TIP

Old bread makes great breadcrumbs, tear the bread into pieces and put into a food processor. Pulse until you have breadcrumbs of the size you want.

Optional coating

- 1 The fish cakes can be coated with breadcrumbs if preferred, dip the floured cakes in the egg, then cover with breadcrumbs and fry.
- 2 For a healthier option bake in a preheated oven for 25 mins at 180°C.

FOOD SAVVY TOP TIPS



PLAN

Take a moment to think about the week ahead, make a plan and stick to it so you only buy what you need.



STORE

Don't ignore where to store! Follow packaging guidelines and make friends with your fridge and freezer.



SHOP

Make a list or take a "shelfie" and only buy what you need.



PORTION

Get your portions right and your purse will see the benefit. Weighing scales are a great tool to help you.



KNOW YOUR DATES

Best Before date - food is still perfectly good to eat after this date.

Use by date - relates to food safety.

Food should not be eaten after this date.



LEFTOVERS

Leftovers also make great lunches and keep in the fridge for two days.

