

Fish Cakes

Ingredients

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- 2 tbsp oil
- 400g white fish (defrosted)
 - 100ml milk
 - 2 bay leaves
- 400g potatoes (cooked)
- 4 spring onions, thinly sliced
 - 40g flour
 - 40g breadcrumbs
 - 2 eggs, whisked

Method

1. Dice your potato and cook in a pan until soft.
2. Meanwhile, in a pan add your milk, fish and bay leaves and bring to a boil. Cover and simmer gently for 5 minutes before removing the heat and allowing the fish to cook through in the milk. After 10 minutes remove fish from pan.
3. Once your potatoes are cooked, drain and mash them gently in the pan. Flake in your cooked fish and spring onions and gently mix. Season with salt and pepper to taste.
4. Meanwhile prepare three bowls, one with flour, the next with whisked egg and the third with breadcrumbs.
5. Divide your fish cake mix into 8 flat circles. One at a time dip and cover in your flour before dipping in your egg and finally coating in breadcrumbs.
6. You can cook in the oven at 200 for 15 minutes (or until golden) air fryer for 10/15 or fry on a pan.
7. Serve with salad and/or home made chips and veg. If serving with home made chips, please follow step 8.
8. Place your potato chips in a large separate bowl and drizzle with oil and a pinch of salt. Combine well. These can be made in the oven alongside the fish for 15 - 20 minutes until cooked. Alternatively you can use an air fryer.

The Finer Details

Per Portion
391 Calories
32g Protein
35g Carbs
12g Fat
