

Fishcakes

Serves 4



Ingredients

- 2 potato boiled mashed and cooled
- 2 tins mackerel or other tinned fish e.g. sardines or salmon
- Fresh finely chopped herb (e.g. parsley, coriander, basil or chives) Optional
- Finely chopped spring onion
- 15g flour
- 2 tablespoons of vegetable oil
- 1 teaspoon lemon juice

Preparation method

1. Drain liquid from tinned fish and flake it into a bowl.
2. Add mashed potato, finely chopped fresh herbs (optional) and lemon juice. Combine well
3. Place flour on a small flat plate
4. Form small patties with mixture
5. Roll each patty gently in flour
6. Heat up oil in frying pan, and then lightly fry each patty on both sides
7. Allow to cool and then serve

Handy tip

Mackerel is a super healthy food that is full of healthy fats that are really important for our brains and our blood.