

Upper KS 2 – Fish cakes



L Prep: 20 minutes

L Cook: 20 minutes



Serves: 8

Recipe info

Ingredients

250g new potatoes
2 spring onions
Few sprigs of fresh dill
Small bunch fresh flat leaf parsley
1 x 200g tin red boneless and skinless farmed salmon
1 soft white roll
1 tbsp half fat mayonnaise
2 tbsp sweet chilli sauce
1 tbsp half fat crème fraiche
1 lemon
Salt and pepper
100g Paxo natural dried breadcrumbs
1 tbsp oil

Equipment

- Peeler
- Sharp knife
- Chopping board
- Large saucepan
- Large mixing bowl
- Potato masher
- Grater
- Colander
- Can opener
- Sieve
- Measuring spoons
- Lemon squeezer
- Small plate
- Small bowl
- Fork
- Mixing spoon
- Frying pan
- Serving plate



Description

An easy light lunch or starter that is cheap and easy to make

Method / What to do

1. Wash and peel the potatoes and cut into chunks.
2. Half fill the saucepan with cold water and add a little salt, then add the potato chunks.
3. Heat the pan on a medium flame until the water starts boiling then reduce the heat and leave to simmer for 10 – 15 mins or until the potatoes are soft.
4. Drain the potatoes and leave to cool.
5. Wash and slice the spring onions.
6. Wash and finely chop the dill and parsley.
7. Drain the salmon and mash with a fork.
8. Grate the bread roll in to breadcrumbs.
9. Mash the potatoes in the mixing bowl.
10. Grate the zest from one side of the lemon then cut the lemon in half and squeeze the juice from half the lemon.
11. Add the rest of the ingredients to the potatoes (except dried breadcrumbs and oil) and mash together then stir.
12. Use your hands to form the mixture in to 8 balls and flatten them slightly so they look like fish cakes.
13. Coat each fish cake in the dried breadcrumbs.
14. Heat the oil in the frying pan and gently fry the fishcakes for about 7 or 8 minutes turning halfway through until they are golden on both sides.