

Colourfish cakes

usfew



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DINNER



15 MIN HANDS-ON



MAKES 12



10 MIN BAKE



EASY



FREEZABLE



7 MONTHS +

STEP 1

600g potato mix, *see notes

STEP 2

1 small leek, very finely chopped

150ml milk

STEP 3

500g pack fish pie mix (cod, salmon, haddock etc.) Ask your local fishmongers

STEP 4

A handful of fresh parsley, finely chopped

1/2 lemon, juice and zest, finely grated

1 egg

A large handful of cheddar cheese, grated (optional)

A handful of plain flour and extra for dusting

STEP 5

A dash of coconut oil or olive oil for frying

*White fishcakes

600g floury potatoes (Desiree, Estima, King Edward or Maris Piper)

*Orange fishcakes

400g sweet potatoes

200g butternut squash

*Purple fishcakes

500g purple sweet potatoes (available from major supermarkets, and greengrocers late summer through late spring)

1 small beetroot, peeled and cut into

1cm (ish) cubes



Fish (especially salmon) is packed with protein and a great source of the super important omega-3 fatty acids.

A colourful twist on the traditional fish cake.

Fish cakes that pack a flavourful punch. Pick a colour to cook (see recipe notes) and serve with a side of your choice; fresh greens, plus garlic mayo for dipping is a family fave.. although my daughter prefers baked beans!

This recipe takes under 15 minutes to prep, and the kids can 'help' shape their cakes.

TURN ON THE HEAT

Peel your 'potato' mix of choice and cut into roughly even 'large cubes'.

Cook in boiling and slightly salted water for around 10 minutes, or until soft.

Once cooked, drain and allow to cool.

MIX THE FISH

Put the leek and milk in a large bowl, cover with cling film and cook in the microwave on high for 3 mins.

Add in the fish mix and cook for another 2 mins.

With a sieve, drain away the milk and discard.

MAKE THE CAKE

In a clean bowl, add the flour, egg, chopped parsley and the fish and leek mix.

Add in the lemon zest, then mash together until smooth and even. Dust a dinner plate with a little flour.

Divide the mixture into 12 fishy floury balls (or some big and small ones for the kids).

Pat and flatten them down on the floured plate... and shape them into discs about 2cm thick.

Add a little more flour if the cakes get sticky.

FREEZE NOW

Place the cakes onto a parchment paper lined baking tray and freeze. Once frozen, transfer to a storage bag.

COOK AWAY

Heat a little coconut oil or olive oil in a large frying pan over medium heat.

Add the fishcakes and cook for 4 minutes on each side, or until crisp and hot right through.

From frozen you'll need 7-8 minutes each side.

SERVE AND ENJOY

Serve hot with a side of your choice.

GOOD TO KNOW

To check your fish mix is bone free and kid-friendly, I roughly chop the fish, then rub it between my fingers to make sure there are no little bones there.