



## STAR RECIPE:

### FISH CAKES

(Makes 12 approximately)

This recipe is from the Week 2 Menu and the allergen groups are noted in red: **Fish, Gluten, Eggs**

#### Ingredients

250g salmon	250g pollock
250g boiled potatoes	Fresh parsley – 1 bunch
Plain flour – 1 cup	Fresh dill – 1 bunch
5 eggs	Juice and zest of 1 lemon
Breadcrumbs – 2 cups	Salt and pepper to taste
Olive oil - drizzle	

#### Method

1. Preheat oven to 180c
2. In a large mixing bowl squash the cooked potatoes.
3. Steam the salmon and pollock and once cooked tear into flakes and add to the potatoes.
4. Add the parsley, dill, lemon zest and juice and salt and pepper and mix together.
5. Add one egg and mix to bind the mixture.
6. Separate the mixture into tennis ball sizes and place them onto a baking tray then lightly press so that they are flat.
7. Beat the remaining 4 eggs and put the flour, eggs and breadcrumbs in separate bowls.
8. One at a time place each fishcake mixture into the flour, shake off the excess then drop into the beaten eggs.
9. Remove the patty and shake off the excess, place into the bowl of breadcrumbs and coat all sides.
10. Line the fishcakes onto the baking tray and brush with olive oil.
11. Bake for 20 mins turning half way.

Serve with salad and enjoy 😊

