

FISHY BITES

Makes 16 small Fishy Bites



These are delicious served with a crisp salad.

INGREDIENTS	EQUIPMENT
1 x 200g can tuna or sardines 4 baking potatoes – baked, scooped and mashed 100g tomatoes – finely chopped 2 tablespoons fresh parsley – finely chopped 2 tablespoons natural yoghurt 100g fresh wholemeal breadcrumbs or cornmeal 50g Cheddar cheese – grated 1 egg beaten freshly ground black pepper	chopping board sharp knife mixing bowl fork plate potato masher tablespoon grater small bowl plate non-stick pan or multi-cooker fish slice

METHOD

1. Place the cold mashed potato in a mixing bowl. Add the fish, tomatoes, chopped parsley, 25g of the fresh breadcrumbs or cornmeal, yoghurt, cheese and ground black pepper.
2. Place the remaining breadcrumbs or cornmeal onto a plate.
3. Crack the egg into a small bowl and whisk with a fork.
4. Divide the fish and potato mixture into eight. Shape into rounds. Dip each one into the beaten egg and then coat each one in either breadcrumbs or cornmeal.
5. Place the fish cakes onto a lightly oiled non-stick frying pan or multi-cooker and cook until golden brown on both sides.

RECIPE NOTES AND TIPS

- Do not add milk, butter or margarine to the mashed potato as it can make the fish cakes difficult to handle and they may fall apart.
- Salmon can be used in place of tuna.
- When cooking only turn the patties once to avoid them falling apart.
- This recipe is very economical and is a great way of encouraging children to eat fish.

ALLERGY AWARE

This recipe contains:

- Gluten (breadcrumbs)
- Dairy

Per large fishcake (~105g)

ENERGY	525kJ / 125kcal	6%
MED FAT	3.4g	5%
MED SATURATES	1.7g	9%
LOW SUGARS	1.6g	2%
MED SALT	0.5g	8%

% of an adult's reference intake

Typical values per 100g : Energy 500kJ / 119kcal

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (105g)
Energy	500kJ / 119kcal	525kJ / 125kcal
Protein	8.8g	9.2g
Carbohydrate (of which sugars)	12.7g (1.6g)	13.3g (1.6g)
Fat (of which saturates)	3.3g (1.6g)	3.4g (1.7g)
Fibre	1.8g	1.9g
Salt	0.5g	0.5g