

Fish Cakes

Allergens – **Gluten**, **Egg**, **Fish**, **Milk**

Ingredients

Quantity

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1 kg	Fish Pie Mix (Pollack, Salmon & Hake)
1 kg	Potatoes
25 g	Parsley (chopped)
180 g	Semi-skimmed Milk
50 g	Medium Sized Egg (1)
675 g	Golden Breadcrumbs (contains Wheat)



Method

1. Boil the potatoes and mash.
2. Gently cook the fish, drain and flake .
3. Mix the potatoes, fish and parsley together and season.
4. Shape the mixture into individual flat round cakes.
5. Dip cakes in beaten egg and coat with breadcrumbs, spread evenly on a baking tray and give a light spray of oil.
6. Bake the fish cakes in the oven at 180°C, 350°F, Gas mark 4 for 15-20 minutes.

Nutritional Content per 140g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 217	= 3.8	= 0.8	= 2.4	= 0.6	= 33.8

Portion size - Primary - 140g = 2 Fish cakes.

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