

# Fish Cakes

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

## Ingredients

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Quantity	Ingredient
1kg	<b>Fish Pie Mix</b> (Pollack, Salmon & Hake)
30ml	Vegetable Oil
360g	Onions (diced)
180g	<b>Celery</b> (diced)
450g	<b>Light Mayonnaise</b> (contains <b>Milk</b> , <b>Egg</b> & <b>Mustard</b> )
50g	<b>Medium Sized Eggs</b>
675g	<b>Golden Breadcrumbs</b> (contains <b>Wheat</b> )



## Method

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1. Sauté onions and celery until softened.
2. Add pepper to season and allow the mixture to cool slightly.
3. Cook off the fish and flake into small pieces, add in onion and celery mixture and the mayonnaise.
4. Shape the mixture into individual flat round cakes.
5. Dip cakes in beaten eggs and coat with breadcrumbs and spread evenly on a baking tray.
6. Bake the fish cakes in the oven at 180°C, 350°F, Gas mark 4 for 20-25 minutes.

### Nutritional Content per 180g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 134.7	= 5.7	= 0.9	= 1.9	= 0.6	= 14.9

**Portion size** - Primary - 180g

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