

# Handmade Fishcakes

Serves 10

## INGREDIENTS

250g pollock (for best results cook from frozen)

550g potatoes, washed and peeled

8g parsley

1/2 lemon

1g black pepper

30g breadcrumbs

1 egg

3 ml vegetable oil



For best results use leftover/stale bread for the breadcrumbs.

## METHOD

1. Preheat the oven to 200°C/180°C fan/gas mark 6
2. Place the potatoes in a pan of cold water. Bring to the boil and simmer until cooked. Strain and place in a large mixing bowl.
3. In a pan of boiling water, add your frozen fish. Cook for 15 minutes. Once cooked, strain the fish and add to the cooked potatoes.
4. Finely chop the parsley, add to the mixing bowl along with cracked black pepper, lemon zest and juice. Then add the egg and stir the mixture. **Use a kitchen mixer if you have one, the paddle attachment works best.**
5. Once the mixture is combined, scoop to divide the mixture. **Use an ice cream scoop for best results.**
6. Place the portioned fish cakes on a lightly oiled baking tray, leaving at least 1.5 cm gap between them. Then gently flatten each fishcake with your hand or the back of a spoon and top with breadcrumbs.
7. Cook in the oven for 20-25 minutes, until golden brown.

**Serving Suggestion - serve with lots of your favourite seasonal vegetables.**