

Smoked haddock and pea fishcakes

Makes 8 fishcakes



Ingredients (allergens in bold)

- 400g potatoes – peeled, boiled and mashed
- 200g smoked un-dyed **haddock** – skinned, steamed and flaked
- 100g frozen peas – defrosted
- 1 onion – finely chopped
- 2 teaspoons rapeseed oil
- 100g **breadcrumbs**
- 1 medium-sized **egg** – beaten
- small bunch parsley – snipped
- black pepper

Method

1. Pour the rapeseed oil into the frying pan and add the chopped onion. Cook over a medium heat until soft but not brown.
2. Heat the oven to 200°C/Gas 6. In a mixing bowl, combine the mashed potato, flaked fish, cooled onions, peas, parsley, 25g of fresh breadcrumbs and pepper. Using a fork, thoroughly mix the ingredients.
3. Divide the mixture into 8 even-sized pieces and shape into rounds approximately 2cm thick.
4. Dip each fishcake into the beaten egg and then coat in the remaining breadcrumbs.
5. Place on a greased baking tray and bake for 15 minutes until golden-brown.



Equipment

- sharp knife
- chopping board
- potato masher
- saucepan and lid
- frying pan
- wooden spatula
- blender or food processor
- potato peeler
- fork
- teaspoon
- basin
- plate
- colander
- steamer
- baking tray

Recipe notes and tips

- Do not add butter or milk to the mashed potato, it can make the fishcakes difficult to handle and they may fall apart.
- The fishcakes can also be shallow fried in a little vegetable oil but this will add to the fat content of the dish.