



Salmon Fishcakes

Salmon is a brain food that is packed full of Omega-3 fatty acids. This recipe uses tinned salmon, a great pantry staple. It has a mild flavour and tastes delicious with the creamy Jersey Royals. Children will love getting hands on and messy shaping their own child sized fishcakes.

Makes 8 fishcakes

You will need:

1 x 213g tin of pink or red salmon

500g Jersey Royal potatoes

1 ½ tablespoons of crème fraiche

1 egg

20g plain flour

40g breadcrumbs

Small bunch of chives or parsley

Handful of frozen peas/sweetcorn (defrosted)

1 lemon

Salt and pepper

To make your fishcakes:

1. Wash the potatoes, chop them into quarters, place in a large pan and cover with water. Bring to the boil. When cooked, drain and allow them to cool down.

2. Prepare your breadcrumbs by either grating some stale bread or blitzing in a food processor.

3. Drain the tinned salmon. And remove any large bones. Mash the fish using a fork.

4. Chop the chives or parsley using scissors, and grate the zest of the lemon

5. Pop the potatoes into a medium sized bowl with the crème fraiche and mash well with either a fork or potato masher.

6. Add the tinned salmon, peas/sweetcorn, herbs and lemon zest. Season well with salt and pepper.
7. Divide the mixture into 4 equal pieces. Using the palms of your hands, shape each piece to make two fishcakes. The fishcakes should be around 2cm thick. Put the fishcakes on a plate, cover with film and leave in the fridge.
8. Take three small bowls. Put flour in the first, crack the egg into the second and the breadcrumbs into the third.
9. Line up all three bowls in the order above and remove the fishcakes from the fridge. Take a fishcake and dust with flour, dip into the egg and roll in the breadcrumbs. Take care as the fishcakes will be soft and will easily squish!
10. Repeat with all eight fishcakes.
11. Transfer the fishcakes to a baking tray and cook in a preheated oven at 170C for 15 minutes, or using a little oil in a frying pan, cook gently for 4 minutes on each side.