

SPICY FISH CAKES

*Taken from mix. by James McIntosh,
a really quick dinner or lunch using leftovers, or canned fish.*

This recipe sheet explains everything you need to make a tasty treat that you can use as part of your Roots & Shoots fund-raising activities!

Ingredients:

MAKES 4

- 250g cooked or canned fish
- 250g cooked and mashed potato
- Salt and freshly ground black pepper
- 1 red chilli, chopped
- 1 tsp lemon juice
- 1 egg, beaten
- Fresh bread crumbs
- 1 egg, beaten



Directions:

- Remove the bones and skin from the cooked fish. Flake and mash onto a plate.
- Add fish to mashed potato, beat until smooth.
- Season and add chilli, lemon juice and egg, beat together.
- Form mixture into a large roll on a floured surface, cut into 10 rounds and dip in egg and breadcrumbs.
- Fry in a hot frying pan with a little oil on both sides until browned.
- Serve.

James says . . .

“Fresh breadcrumbs are easy to make by popping some stale bread into a food processor and whizzing.”



mix. by James McIntosh, £4.99, Available from www.jamesmcintosh.co.uk plus £1 p&p