easy fish cakes

Ingredients

1 pack of fish pie mix or 350g of chosen fish

3 spring onions – chopped

100ml milk

450g potatoes – peeled

75g frozen sweetcorn – defrosted

Handful of grated cheddar cheese

1 eggs – beaten

Plain flour – for dusting

Olive oil – for frying

Credit – bbc good food

Serves 4-6 | Prep Time: 15 mins | Cook Time: 30 mins

# Method

1. Cook the potatoes in boiling water until just tender.
2. Drain well and return to the pan on a low heat and heat for another 2 mins to evaporate excess liquid.
3. Mash the potato with a small piece of butter and then allow to cool.
4. Put the fish, spring onions and milk in a shallow dish. Cover with cling film and microwave for 2 mins until just cooked.
5. Drain the fish and spring onions through a fine sieve.
6. Gently mix the potatoes with the fish and onions (try not to break up the fish too much) along with the sweetcorn, cheddar and some black pepper.
7. When the mixture is cool, form into 6-8 patties.
8. Pour the egg on one place and scatter flour on the other. Dip the patties in egg and then flour and arrange on a sheet of baking paper on a baking tray.
9. Put the patties in the fridge for half an hour to firm up – you can also freeze them at this point.
10. Heat a large frying plan with a generous glug of olive oil and then the oil is hot, ask an adult to lower the fish cakes (1 or 2 at a time) into the pan and cook for 5-7 minutes on each side or until golden brown and heated all the way through.
11. Serve with some chips and vegetables or you can eat them as a snack!