

Fish and Veg Cakes with Healthy Chips

Ingredients

2 potatoes
50g mixed Veg
50g white fish
1 tbs flour
1 tbs oil
Splash of milk
25g grated cheese
1 beaten egg
20g Cornflakes
Pinch of chopped parsley
Pinch of pepper
¼ tsp Cayenne Pepper
Knob of butter



Method

1. Check the fish for bones, place on a baking tray in tin foil and cook until the fish goes soft and flaky.
2. Peel both potatoes. Chop one potato into cubes and the other into chip shapes. Place the potato cubes in a pan of boiling water and cook until softened. Mash the potatoes using the milk and butter.
3. Boil the mixed veg in water until soft. Mix the veg, cheese, fish and potato together in a bowl, season with pepper and Shape into patties. Put in the fridge to set.
4. Place the chipped potatoes in a pan of boiling water and par boil until al dente. Drain into a sieve, shake and pat dry. Place on a baking tray and drizzle with the oil. Place in the oven to bake until crispy.
5. Whilst the chips are cooking beat the egg in one dish, place the flour seasoned with cayenne pepper on a small plate. Place the cornflakes in a food processor, blitz into crumbs and place in a bowl. Dip the patties in the flour, then the egg and then cover with the crumbs.
6. Cook the fishcakes in a frying pan with hot oil until brown.

