



Family meals: Easy fish cakes

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 400 g haddock smoked
- 3 spring onion finely chopped
- 100 ml milk
- 450 g potatoes peeled cut in half
- 75 g regular corn frozen
- 1 handful cheddar cheese grated
- 1 large eggs beaten
- 4 servings olive oil for frying

Equipment

- frying pan
- sauce pan
- baking paper
- sieve
- microwave

Directions

- Cook the potatoes in boiling water until just tender.
- Drain well and return to the pan on a low heat.
- Heat for another minute or two to evaporate excess liquid. Mash the potato with a small knob of butter. Allow to cool.
- Put the fish spring onions and milk in a shallow dish, cover with cling film and cook in the microwave for 1 - 2 mins until just cooked. If you dont have a microwave, put everything in a saucepan and gently cook until just opaque and cooked through.
- Drain the fish and spring onions through a fine sieve. Gently mix through the potatoes, avoiding breaking up the fish too much, along with the sweetcorn, cheddar and a generous grind of black pepper. Form into 6 - 8 patties. The cooler the mash potato is when you do this, the easier it will be to form the patties as the mixture will be very soft when warm.
- Pour the egg on one plate and scatter flour on the other. Dip the patties in egg and then flour and arrange on a sheet of baking paper on a tray.
- Put the patties in the fridge for at least half an hour to firm up if the patties feel very soft. At this point you can freeze the patties, wrapped individually. Defrost thoroughly before moving onto the next stage.
- Heat a large frying pan with a generous glug of olive oil. When the oil is hot, carefully lower the fish cakes into the pan. Cook for 5 - 7 minutes or until golden brown underneath and then carefully flip them over. Fry for another 5 - 7 minutes or until golden on the bottom and heated all the way through.

Nutrition Facts



■ PROTEIN 43.72% ■ FAT 20% ■ CARBS 36.28%

Properties

Glycemic Index:59.06, Glycemic Load:16.92, Inflammation Score:-6, Nutrition Score:19.663913001185%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 282.62kcal (14.13%), Fat: 6.26g (9.63%), Saturated Fat: 1.55g (9.67%), Carbohydrates: 25.55g (8.52%), Net Carbohydrates: 22.39g (8.14%), Sugar: 3.23g (3.58%), Cholesterol: 126.84mg (42.28%), Sodium: 800.62mg (34.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.79g (61.57%), Selenium: 47.73µg (68.18%), Vitamin B6: 0.8mg (40.03%), Phosphorus: 384.83mg (38.48%), Vitamin B3: 6.66mg (33.29%), Vitamin B12: 1.85µg (30.89%), Vitamin C: 24.89mg (30.16%), Potassium: 1010.49mg (28.87%), Magnesium: 91.21mg (22.8%), Vitamin K: 22.75µg (21.67%), Iron: 2.73mg (15.17%), Fiber: 3.16g (12.64%), Manganese: 0.25mg (12.62%), Folate: 49µg (12.25%), Vitamin B1: 0.18mg (11.93%), Vitamin B2: 0.2mg (11.57%), Calcium: 110.05mg (11.01%), Vitamin B5: 0.95mg (9.47%), Copper: 0.19mg (9.47%), Vitamin D: 1.34µg (8.9%), Zinc: 1.25mg (8.36%), Vitamin E: 1.18mg (7.85%), Vitamin A: 333.07IU (6.66%)