



Fish cake fingers

 Dairy Free

READY IN



70 min.

SERVINGS



8

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 800 g potatoes
- ☐ 250 g salmon fillet skinless cut into chunks
- ☐ 140 g mackerel smoked
- ☐ 1 lemon zest
- ☐ 3 eggs
- ☐ 100 g breadcrumbs dried
- ☐ 3 tbsp unrefined sunflower oil plus more if needed
- ☐ 6 tbsp mayonnaise

- ☐ 8 servings juice of lemon
- ☐ 1 small garlic clove chopped
- ☐ 200 g pea-mond dressing frozen cooked
- ☐ 3 handfuls watercress

Equipment

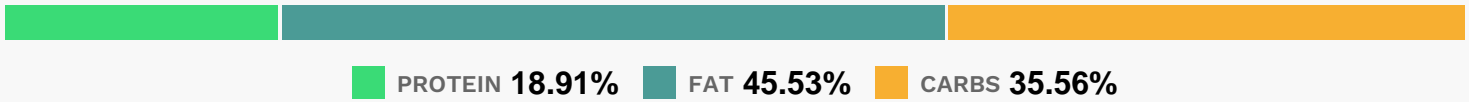
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ **KIDS:** The writing in bold is for you **GROWN-UPS:** The rest is for you. Make some mash. Tip the potatoes into a pan of cold water and bring to the boil. Boil for 10 mins then lower the heat and drop in the salmon. Turn down the heat and simmer for about 3-5 mins more until the fish is cooked. Lift the fish onto a plate with a slotted spoon. Continue cooking the potatoes until soft, then drain. Tip the potatoes into a bowl and get your child to mash them.
- ☐ Flake the fish. While the potatoes cook, peel away the skin from the mackerel fillets and get your child to flake the meat into a small bowl they can taste some at this point, if they like.
- ☐ Mix it all up.
- ☐ Add the lemon zest to the potato, and mash some more. Then add all the flaked fish and mix together well dont worry about breaking up the fish. If you want, divide the mix in half and add any grown-up ingredients at this stage. Leave until cool enough to handle.
- ☐ Roll out into long sausages. Lightly flour a surface and crack the eggs into a dish. Get your child to whisk them while you tip the breadcrumbs into another dish. Then ask them to divide the mash into eight and roll them on the flour into long, fat cylinders.
- ☐ Dip them in egg. Working methodically, roll the sausages carefully in the egg.
- ☐ Coat in crunchy breadcrumbs. Once the sausages are completely coated in egg, roll them in the breadcrumbs, making sure that they are well coated. The fingers can now be kept in the fridge for 2-3 days, or frozen for 1 month. To cook from frozen,
- ☐ Heat oven to 180C/160C fan/gas

- ☐ Drizzle some olive oil over the Fish cake fingers and bake for 25–30 mins, until cooked through and golden.
- ☐ Get a grown-up to cook them.
- ☐ Heat the oil in a frying pan and cook the fingers in batches. Sizzle them for 8–10 mins, turning regularly until completely golden, then lift them out onto kitchen paper to drain. Keep them warm in a low oven while you cook the rest.
- ☐ Make a tasty sauce. While you are cooking the fingers, your child can mix the mayonnaise with the lemon juice and garlic then get them to tip it into a small dish.
- ☐ Serve the fish cake fingers on a plate with the peas, watercress and some of the mayonnaise dip on the side.

Nutrition Facts



Properties

Glycemic Index:29.59, Glycemic Load:14.32, Inflammation Score:-5, Nutrition Score:19.776087024938%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg, Kaempferol: 0.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 372.04kcal (18.6%), Fat: 18.85g (29%), Saturated Fat: 3.16g (19.76%), Carbohydrates: 33.12g (11.04%), Net Carbohydrates: 28.6g (10.4%), Sugar: 2.91g (3.24%), Cholesterol: 91.14mg (30.38%), Sodium: 216.87mg (9.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.61g (35.22%), Selenium: 27.25µg (38.93%), Vitamin B6: 0.69mg (34.54%), Vitamin C: 27.2mg (32.97%), Vitamin B12: 1.97µg (32.78%), Vitamin B3: 5.95mg (29.76%), Folate: 100.95µg (25.24%), Phosphorus: 237.93mg (23.79%), Vitamin B1: 0.35mg (23.61%), Potassium: 783.41mg (22.38%), Vitamin B2: 0.37mg (21.74%), Manganese: 0.41mg (20.43%), Vitamin K: 21.31µg (20.3%), Vitamin E: 2.96mg (19.75%), Fiber: 4.52g (18.09%), Copper: 0.32mg (15.98%), Iron: 2.8mg (15.55%), Magnesium: 58.86mg (14.71%), Vitamin B5: 1.34mg (13.39%), Vitamin D: 1.94µg (12.95%), Zinc: 1.35mg (9.02%), Calcium: 61.75mg (6.18%), Vitamin A: 138.2IU (2.76%)