



# Fish cakes with sweet potato fries

Recipe by JB Gill



Serves 4

## You will need

### For the fishcakes:

- 100g light cream cheese
- 400g potatoes, peeled and chopped
- 320g tinned fish, tuna, salmon or mackerel
- ½tsp dried mixed herbs
- 50g puffed rice cereal
- 1 free-range egg
- 2tbsp plain flour
- oil
- salt and pepper

### For the sweet potato fries:

- 750g sweet potatoes, scrubbed clean

1

Before cooking, wash your hands and put an apron on. Weigh and measure the ingredients. Ask a grown-up to preheat an oven to 200°C / 180°C fan / gas mark 6. Take the cream cheese out of the fridge and put to one side.

2

Bring a saucepan of water to boil, add the chopped potatoes and boil until tender. Take the saucepan off the heat and drain. Let the potatoes dry in the pan for 5 minutes then roughly mash until broken up. Leave to cool.

3

Drain the tinned fish and add to the mashed potatoes along with the dried herbs and cream cheese. Add the salt and pepper and mix.

4

Shape the mixture into 4 large balls, or 8 smaller balls. Flatten them into fish cake shapes, cover and keep cool in the fridge. (These can be kept for up to 2 days before cooking).



Remember to ask a grown-up for help

5

To make the fries, slice the sweet potatoes into long chip shapes about 1cm thick. Put into a bowl and toss with 1 tbsp of oil. Place the fries onto a baking tray and bake for 10 minutes.

6

Put the cereal in a bag and use a rolling pin to crush the cereal into breadcrumb size pieces.

7

Put the egg into a shallow bowl and beat. Use another bowl to add flour and a third bowl for the crushed cereal. Then grease the bottom of a baking tray with a little oil.

8

Take the fishcakes out of the fridge and dip them, one by one, into each bowl. First the flour, shake off any excess. Then dip into the egg mixture and coat all the sides. Finally dip into the crushed cereal to completely cover. Do this for all fishcakes.

9

Once all the fishcakes are coated, place them on the greased baking tray. Gently turn them over in the oil so both sides have been covered.

10

Put the tray of fishcakes in the oven after the sweet potato fries have been cooking for 10 minutes. Bake everything together for 10 minutes, then carefully turn the fishcakes and fries over.

11

After turning the fishcakes and fries, bake for a final 10 minutes or until the fishcakes are crisp, golden-brown and hot all the way through.

12

Serve the fishcakes warm with the sweet potato fries on the side and enjoy!