

# Fishy Friday Cakes.



## Ingredients:

1 small onion  
500g fish fillets  
350ml fish stock  
500g mash potato  
1-2tbsp parsley  
Flour (for dusting)  
1 egg  
Bread crumbs  
Oil (for frying)



## Method:

1. Put onion in frying pan with the fish and stock. Bring to a gentle simmer cover and cook for 6-8 minutes (or until cooked through)
2. Remove from heat, strain out the onion (keep stock if you wish to make a sauce) and mix into the mash potato.
3. Flake the fish into chunks, season and gently mix.
4. Using floured hands shape into 8 cakes. Lightly dust in flour, dip in beaten egg and then dip into breadcrumbs.
5. Chill for 30 minutes.
6. Heat oil in a pan and fry fish cakes for 3-4 minutes until golden brown.
7. Drain on kitchen paper.