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EASY FISHCAKES

EDUCATIONAL Wooden Spoon KIDS COOKING CLUB

Prep time
30 min

Cooking time
30 min

Portions
7

@200°C
Bake for 15 min on each side until brown



Easy Fish Cakes

Ingredients

500g white fish without skin like Hake or Cod
450 g potatoes
1 egg
2 tbsp fresh dill
2 tbsp fresh parsley
1 lemon's zest
1 tsp salt
1 cup panko breadcrumbs for mixture
3/4 cup panko breadcrumbs for crumbing
2 tbsp olive oil

Equipment

measuring cups and spoons
grater for lemon zest
baking tray
baking paper
colander
chopping board
knife
vegetable peelerl
large pot
colander

Chef Notes

- Hake works well for fish cakes. Make sure it is completely defrosted and pat it dry before using.
- Cut the fish into small pieces rather than blending it. This gives the fish cakes a lovely texture.
- Dampen your hands when shaping the fish cakes to prevent the mixture from sticking.

Skill Badges

HEALTH HERO

FLAVOUR MASTER

FOOD SAFETY SCIENTIST

Method

Step 1 Peel and cut the potatoes into chunks. Boil until soft. Drain well and mash until smooth. Allow to cool slightly.

Step 2 Heat 2 tbsp olive oil in a frying pan. Add a ½ cup of the panko breadcrumbs and stir over medium heat until golden brown. Set aside to cool.

Step 3 Pat the fish dry with paper towel and cut the fish into small pieces.

Step 4 In a large bowl, combine the mashed potatoes, fish, breadcrumbs, egg, dill, parsley, lemon zest and salt. Mix well.

Step 5 Wet your hands slightly and shape the mixture into approximately 7 fish cakes.

Step 6 Roll each fish cake in the toasted breadcrumbs, pressing gently so they stick.

Step 7 Place on a lined baking tray. Drizzle lightly with olive oil. Bake at 200°C for approximately 25–30 minutes, turning halfway, until golden and the fish is cooked through