

Oaty Salmon Fishcakes

These simple fishcakes are made with salmon – a healthy source of protein – and also contain vegetables. Make a main meal of them with a salad and our Roast Lemon and Herb Potato Wedges. Or make mini fishcakes as a starter, delicious with a squeeze of lemon.



Fish, milk and oats (gluten)*

Nutritional information per portion (157g):

Energy	Fat	Saturates	Sugars	Salt
1033kJ 246kcal 12%	9.8g 14%	2.7g 14%	2.1g 2%	0.42g 7%

of an adult's reference intake.

Typical values per 100g: energy 658kJ/157kcal.

Equipment

- Weighing scales
- Baking tray
- Greaseproof paper
- Colander
- Vegetable peeler
- Chopping board
- Sharp knife
- Medium saucepan
- Potato masher
- Can opener
- Small saucepan
- Measuring jug
- Grater
- Scissors
- Cup or mug
- Wooden spoon
- Mixing bowl
- Measuring spoons
- Oven tray
- Oven gloves
- Pan stand x 2



Ingredients

Makes 12 mini fishcakes or 4 large ones

- | | |
|---|--|
| 250g potatoes | Bunch (20g) fresh parsley
OR 1 x 5ml spoon
dried parsley |
| 200g cooked OR canned
salmon (drained, with skin
and bones removed) | 50g oats |
| 50g peas | 4 spring onions |
| 60g reduced-fat Cheddar
cheese | Rind of ½ lemon plus
remainder as wedges |
| 50g canned sweetcorn
(in water) | Black pepper (optional) |

* Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

Step 1

Cover baking tray with a piece of greaseproof paper and then preheat the oven to 180°C/160°C fan or gas mark 6. Open the cans of pink salmon and sweetcorn then drain.



Step 2

Wash, peel and chop the potato in half. Then chop the potato into 3cm chunks, place in a saucepan and cover with water. Bring to the boil, reduce heat and cook for 15-20 minutes (until soft). Drain the potatoes in a colander, return to the pan and mash.



Step 3

Add the peas to a small saucepan half-filled with water and boil for about 5 minutes, then drain. Grate the Cheddar cheese.



Skills used include:

Weighing, measuring, peeling, chopping, grating, squeezing, mixing/combining, mashing, boiling/simmering and baking.

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Step 4

Wash the parsley and spring onions. Top, tail and peel the spring onions and finely chop both using scissors in a mug. Grate the rind from the lemon and then cut the lemon into wedge shapes.



Step 5

In a bowl add the potato, salmon, drained peas, ½ of the Cheddar cheese, sweetcorn, spring onions, parsley, oats and lemon rind and black pepper (if using). Mix together.



Step 6

Shape 4 large or 12 small fishcakes in your hands and place on the tray. Sprinkle with the remaining cheese and then cook for about 30 minutes until golden brown. (20 minutes for mini fishcakes).



Optional Ingredients

Try the optional ingredients and equipment below to make a range of different dishes, or you could even add some new ingredients and invent your own dish.

Additional Instructions

White fish – Add 200g of fresh boneless and skinless white fish (e.g. cod) and 100ml of semi-skimmed milk.	Follow steps 1 and 2 but then place the milk in a medium saucepan with the fish and bring to a simmer (for 5-10 minutes) until the fish starts to fall apart with a fork. Drain the milk and fork the fish apart. Follow steps 3 and 4 then add the fish to the potato mixture in step 5.
Alternative preparation method – Cooking salmon.	Salmon can be cooked in the microwave. Pour the milk in a microwave-safe dish and add the salmon. Cover with clingfilm. Pierce a hole and cook for about 2 minutes until the salmon is lighter pink in colour.
Tuna – Add 200g of canned tuna.	Replace the salmon with cooked or canned tuna and follow the recipe.
Alternative cooking method – Use an electric frying pan.	You could use an electric frying pan with a little sunflower oil to cook these fishcakes (but don't sprinkle with cheese).

Prepare now, eat later

These fishcakes can be stored in your fridge for up to 2 days or frozen in the freezer.