

Cod Fish Cakes

INGREDIENTS

(Makes 6 - 8 fish cakes)

- 6 large cod fillets - baked for 15mins at 180C and then flaked
- Ensure you remove all the skin and bones but try not to mash the fish too much. I find using hands work best for this job
 - 4 potatoes, peeled, boiled and roughly mashed
 - 3 tbsp chopped parsley
 - Juice and zest of one large lemon
 - 1 tbsp salt
 - 1 cup wilted spinach, chopped
 - 2-3 tbsp flour
 - 3-4 spring onions finely chopped
 - 1 red chilli finely chopped (optional)
 - 200g panko breadcrumbs

METHOD

- Combine all the ingredients apart from the breadcrumbs in a large bowl. Check the mixture is the right texture by pressing firmly together. It should stick into a shape but not be too dense. If you need to add a little more flour
 - Preheat the oven
 - Shape into fish cakes
- Put the breadcrumbs in a plate and coat each fish cake by placing into the breadcrumbs, putting breadcrumbs all over and gently pressing
 - Bake for about 20 minutes till golden brown

Note - these freeze really well!