Baked Fishcake and Mushy Pea Supper

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

- 500g potatoes, chopped + 400g cut into chunky chips
- 250g cooked cod fillet, flaked

- 250g tin of salmon, flaked
- 50g fresh spinach, finely chopped

- 2 spring onions, chopped
- Zest and juice of 1 lemon
- 1 tbsp coriander, finely chopped

- 1 tbsp parsley, finely chopped
- 1 egg, beaten
- 250g plain flour
- 125g breadcrumbs
- A little olive oil
- Salt and pepper

For the mushy peas:

- 150g frozen peas
- 2 tbsp natural yogurt

- 1 tbsp mint, finely chopped

Instructions

1. Lightly boil all of the potatoes until just cooked. Drain and transfer the chipped ones to a tray ready to bake. Season with some olive oil and salt and pepper if desired.

2. Mash the remaining potatoes, then mix in the flaked fish, spinach, spring onions, lemon juice and zest and herbs.

3. Shape into either 2 large or 4 smaller fishcakes.
4. Put the flour and breadcrumbs onto two small plates, and the beaten egg in a bowl.
5. Roll each fishcake into the flour, then dip into the beaten egg and roll in the breadcrumbs.
6. Transfer to the tray with your chips. Brush some more oil over the cakes.
7. Bake at 190 degrees C for 30-40 minutes until the cakes are lightly golden and the chips are crisp.
8. Meanwhile, lightly boil the peas and drain. Add the yogurt and mint, mash well and serve with the fishcakes and chips!