Fish Cakes (serves 2)

This recipe uses oats as an alternative to breadcrumbs. Oats are a great source of Fibre. Fibre can help with digestion and make us feel fuller for longer. Increasing fibre in our diet can also help to reduce the risk of heart disease, diabetes and colorectal cancer. Potatoes are good sources of energy, fibre, B and C vitamins and potassium.

**Ingredients**

- 4 potatoes, peeled, chopped into chunks
- 1 medium egg, beaten
- 1 salmon/haddock fillet
- 2 spring onions, sliced
- 2 tbsp chopped parsley
- 70g whole oats

**Method**

1. Pre heat oven to 220°C/Fan 180°C/392°F/ Gas mark 6
2. Boil potatoes for ~15 mins until tender, drain, return to pan and mash and transfer potatoes to large bowl
3. Put fish in microwave proof dish with 2 tbsp water, cover with cling film, pierce and cook for 2-3 mins.
4. Break fish into large flakes, discarding skin and add to mash
5. Add spring onions and parsley to mash and mix all together
6. Shape mixture into 4 even sized cakes
7. Dip fish cakes into eggs, then coat with oats
8. Bake in oven for ~20 mins and serve with side salad

**Front of pack (food) for portion of 327g**

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<th>Energy</th>
<th>Fat</th>
<th>Saturates</th>
<th>Sugars</th>
<th>Salt</th>
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<td>523kcal</td>
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