

# Fish Cakes

600g	Cooked fish (cod or salmon)
600g	Mashed potato
3	Egg yolks
2 tblspn	Parsley, chopped
	Flour, Eggwash, Breadcrumbs - for crumbing



Mixing bowl  
Palette knife  
Shallow frying pan (grill for healthier option)



1. combine the fish, potatoes, egg yolks and season. Divide into 8 pieces and mould into balls.
2. Pass through flour, egg and breadcrumbs. Flatten slightly with a palette knife
3. Serve piping hot with a green salad