

SUTHERLANDS OF PORTSOY

• SINCE 1908 •

THE FINEST FISH FOR FIVE
GENERATIONS

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	70g whole oats
2 spring onions, sliced	
2 tbsp chopped parsley	

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

Energy 2204kj 523kcal	Fat 17.7g	Saturates 3.6g	Sugars 2.6g	Salt 0.2g
26%	25%	18%	3%	4%

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