



## Fish cakes

**A kiwi favourite and a great family meal.**



Time to prepare: 20 minutes



Time to cook: 20 minutes



Serves 4

### Ingredients

- 500 grams potatoes, peeled and chopped
- 2 teaspoons margarine
- 450 gram can smoked fish, drained and flaked
- 1 capsicum, finely chopped
- 4 spring onions, finely chopped
- pinch black pepper

- 1 egg
- 2 tablespoons milk
- 1 cup breadcrumbs
- oil spray for cooking

## Method

1. Cook potatoes in boiling water until tender. Drain well and mash. Beat in margarine then set aside to cool.
2. Stir fish, spring onions and capsicum into the potatoes and season with pepper.
3. Form mixture into 12 patties.
4. In a bowl beat egg and milk together.
5. Spread breadcrumbs out on a tray.
6. Dip patties in egg mixture then breadcrumbs.
7. Heat a nonstick fry pan with a little oil.
8. On a medium heat cook patties for 2–3 minutes each side or until golden. Cook patties in batches.

## Notes

Serve fish cakes hot with a slice of lemon and salad.

You might also like...



## Mini pasta frittata

**Super simple and perfect for the lunchbox. No need to follow the recipe exactly  
- use whatever vegetables you have on hand.**

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## Oven baked potato cakes

**These potato cakes are a healthy and tasty alternative to fried hash browns for a weekend brunch treat. The kids will love them too.**

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