

Herbed Fish Cakes

Serves 4

Ingredients: -

275g/10oz - haddock, skinned and boned

15ml/1 tbsp - Worcestershire sauce

15ml/1 tbsp - creamed horseradish

4 fl ozs/100ml - skimmed milk

15ml/1 tbsp - snipped fresh chives

15ml/1 tbsp - chopped parsley

350g/12oz - cooked and mashed potatoes

50g/2oz - fresh wholemeal breadcrumbs

lemon juice

Method: -

Puree fish in food processor or mash with a fork and mix with lemon juice, Worcestershire sauce and horseradish.

Stir in the milk, herbs and potatoes.

Shape mixture into 4 fish cakes and coat with wholemeal breadcrumbs.

Grill under moderate heat for 5 minutes each side, until the cakes are browned.

Serve with hot vegetables or salad.



Upbeat - Heart Support In West Suffolk

Charity No 1087415

Upbeat Is Affiliated To The British Heart Foundation and Arrhythmia Alliance The Heart Rhythm Charity.
