# **Fishcakes with** sweet potato fries

Recipe by JB Gill

Serve

# You will need

Furchester

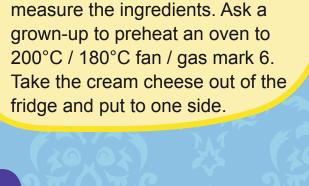
For the fishcakes: 100g light cream cheese 400g potatoes, peeled and chopped 320g tinned fish, tuna, salmon or mackerel 1/2 tsp dried mixed herbs 50g puffed rice cereal **1** free-range egg **2tbsp** plain flour oil salt and pepper

For the sweet potato fries: 750g sweet potatoes, scrubbed clean

> Remember to ask a grown-up for help

Bring a saucepan of water to boil, add the chopped potatoes and boil until tender. Take the saucepan off the heat and drain. Let the potatoes dry in the pan for 5 minutes then roughly mash until broken up. Leave to cool.

Shape the mixture into 4 large balls, or 8 smaller balls. Flatten them into fish cake shapes, cover and keep cool in the fridge. (These can be kept for up to 2 days before cooking).



Before cooking, wash your hands

and put an apron on. Weigh and

Drain the tinned fish and add to the

3

mashed potatoes along with the dried herbs and cream cheese. Add the salt and pepper and mix.

# 4



2









### 5

To make the fries, slice the sweet potatoes into long chip shapes about 1cm thick. Put into a bowl and toss with 1 tbsp of oil. Place the fries onto a baking tray and bake for 10 minutes.

6

Put the cereal in a bag and use a rolling pin to crush the cereal into breadcrumb size pieces.

### 7

Put the egg into a shallow bowl and beat. Use another bowl to add flour and a third bowl for the crushed cereal. Then grease the bottom of a baking tray with a little oil.

#### 9

Once all the fishcakes are coated, place them on the greased baking tray. Gently turn them over in the oil so both sides have been covered.

# 11

After turning the fishcakes and fries, bake for a final 10 minutes or until the fishcakes are crisp, golden-brown and hot all the way through.

### 8

Take the fishcakes out of the fridge and dip them, one by one, into each bowl. First the flour, shake off any excess. Then dip into the egg mixture and coat all the sides. Finally dip into the crushed cereal to completely cover. Do this for all fishcakes.

# 10

Put the tray of fishcakes in the oven after the sweet potato fries have been cooking for 10 minutes. Bake everything together for 10 minutes, then carefully turn the fishcakes and fries over.

# 12

Serve the fishcakes warm with the sweet potato fries on the side and enjoy!

