

SMOKED MACKEREL FISHCAKES

Serves 4

Per serving: 320 calories, 7.4% fat

Protein: 17.5g

Carbohydrate: 37g

Fibre: 4.5g

Prep time: 10 mins

Cook time: 20 mins

INGREDIENTS

200g smoked mackerel fillets
400g potatoes, peeled
4 baby leeks, finely sliced
1 tbsp freshly chopped parsley
1 tbsp freshly chopped chives
1 tbsp grain mustard
50g fresh granary breadcrumbs

METHOD

1. Boil the potatoes in a large pan of water until soft, drain and mash well and transfer to a large mixing bowl. Remove the skin from the fillets and flake into the potato, removing any bones.
2. Preheat a non-stick frying pan. Dry-fry the leeks for 3-4 minutes until soft. Add to the potatoes and season with black pepper. Mix in the herbs and mustard. Mix the ingredients together, taking care not to break down the fish.
3. Divide the mixture into eight and shape into cakes. Press the fishcakes into the breadcrumbs, coating all sides.
4. Dry-fry the fishcakes for 8-10 minutes on each side. Serve with a salad or a selection of fresh vegetables.

