



## Smokey fish cakes with tomato salsa

### Ingredients

4 baking potatoes (washed)  
50g Butter  
75g Plain flour  
200g smoked Fish (cooked)  
200g Cooked vegetables  
150g Breadcrumbs  
1 Egg  
Sunflower oil for frying  
Salt and Pepper

### Method

- Bake the potatoes until soft, halve them and scoop out the flesh from the skin add butter and mash them until smooth.
- Chop the cooked vegetables and add those and the fish to the mash season to taste.
- Allow this mixture to cool, form mixture into small round shapes and lightly coat with flour dip in beaten egg then coat in breadcrumbs.
- Heat sunflower oil in a frying pan and gently fry fish cakes on both sides for 3-4 minutes or until golden brown.
- Serve with a mixed salad and spicy tomato salsa