



SALMON & TOMATO KETCHUP FISHCAKES

Fish main-course: This recipe provides a portion of oily fish (required at least once every 3 weeks as part of lunch provision) and a portion of starchy food.

Recipe adapted from: Bidvest 3663 Food Development team

Ingredients

800g salmon, skinless
60g tomato ketchup
1.6kg cooked potatoes (use floury potatoes such as Maris Piper or similar)
200ml semi-skimmed milk
25g fresh parsley, chopped
3g (1tsp) white pepper
100g (2 eggs) eggs, beaten
175g white breadcrumbs

Method

1. Preheat the oven to 180°C/350°F/gas mark 4.
2. Grease a baking tray.
3. Fill a pan of water on the stove and poach the salmon until cooked. Once cooked through, flake into a bowl and add the tomato ketchup.
4. Mash the potatoes with the milk.
5. Mix together the mashed potatoes, salmon, parsley and pepper, bind with the egg.
6. Form into 48 round fishcakes (60g each).
7. Dip each fishcake into the breadcrumbs.
8. Place on the tray and bake for 15-20 minutes until crisp and golden. Serve 4 fishcakes for a primary portion, and 6 fishcakes for a secondary portion.



Number of portions this recipe makes:

12 primary servings (4 x 60g fishcakes)
8 secondary servings (6 x 60g fishcakes)



Prep: 20 minutes

Cook: 20 minutes



Allergy information:

Milk



Top Tips

Try using different combinations of fish, or different fresh herbs

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose milk which is reduced fat (i.e. has a fat content of no more than 1.8g/100g) and tomato ketchup with less than 1.7g/100g salt.

Serving suggestion: in a wholemeal wrap with salad to make it a good 'grab and go' option