

# Cod, mint & pea fishcakes

250g all rounder potatoes, peeled and diced  
3 tps butter (use dairy free butter if preferred)  
50g frozen peas  
1-2 sprigs fresh mint  
500g cod fillet, skin removed  
pinch of salt  
pinch of ground black pepper  
pinch of dried dill  
70g oat bran  
1 egg

## MAKES 4 LARGE FISHCAKES

Preheat oven to 190°C / 375°F.

Bring a small saucepan of water to the boil and add the potatoes. Simmer for 8-10 minutes, until soft. Drain well. Return the potato back to the saucepan. Add the butter and mash thoroughly. Allow to cool.



PER FISHCAKE:  
266 Calories  
24g Carbs  
29g Protein  
6g Fat



Place the peas and mint in a blender with a small splash of cold water. Blend into a purée.

Cut the cod into very small pieces using scissors. Place the cod in a large bowl. Add the mashed potato, salt, pepper and dill. Mix thoroughly and divide the mixture into four chunks.

Whisk the egg in a shallow bowl. Pour a layer of the oat bran onto a large plate. Take one of the chunks of cod mixture and divide into 2 pieces. Shape into 2 discs. Add a teaspoon of the pea purée to the centre of one of the discs. Place the other disc over the top and gently press the edges down to enclose the pea purée. Gently brush the top and sides of the fishcake with the whisked egg. Turn the fishcake over with a fish slice and brush the other side with egg.

Place the fish cake in the oat bran and turn to evenly coat on all sides, then place on an oven tray. Repeat steps with remaining mixture to create four fishcakes. Oven bake for 20 minutes. Turn and bake for a further 15-20 minutes, until golden.

*Store any leftover fishcakes in an airtight container and refrigerate for up to 3 days or freeze on same day.*

