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Kitchen

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The Super Yummy Kitchen Family Food Series

GROWN UP GUIDE #11

THE PLACE WHERE FUN, FOOD AND EDUCATION MEET

A helping hand for parents, carers
and teachers to use with children,
alongside the cook-a-long videos,
recipes and activities of the week in
The Super Yummy Kitchen

Grown Up Guide to #11 of Family Food

Tuna & Salmon Fishcakes

Curriculum Links:

PSHE

Learning about foods that are healthy for the body.

Science

Nutrients in food

Introduction

A healthy diet should contain at least **2 portions of fish per week**, 1 of which should be an **oily fish** like salmon, sardines, mackerel or trout. NHS guidance is for only 1 portion of oily fish, because these sources can contain low levels of pollutants that build up in the body. Studies have shown that people who regularly eat fish have a lower rate of heart attacks and strokes. This may be because fish is packed full of heart and brain healthy nutrients such as Omega-3 Fatty Acids. These nutrients help with brain and eye development, which is especially important for babies and children.



Recipe Tips

If you don't have salmon you can substitute with any flaky fish, like haddock or cod.

We added sweetcorn, leeks and garlic to our fishcakes but you can add any veg you have at home. Peas, grated broccoli or chopped spinach would be perfect! We've served these up with our tomato sauce and a green pea and pesto dip. Either would be nice or just a fresh green salad and some of your favourite veggies.



The Activity

It is important for children to understand that all foods are made up of different nutrients.

The foods on this activity are all in the fishcakes recipe.

Answers: 1=Peas 2=Cheese 3=Eggs 4=Salmon 5=Potatoes

For older children, ask if they can think of other ingredients that contain those nutrients. Some ideas are:

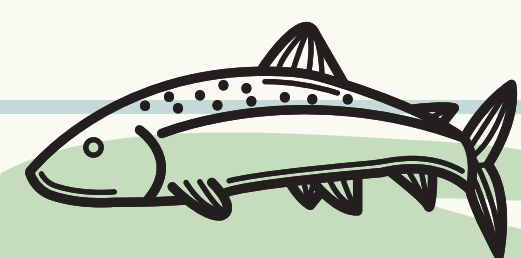
1=Spinach 2=Yoghurt 3=Chicken 4=Walnuts 5=Oats



Nutrition Nugget

Salmon is a great source of **protein**, important for the growth and repair of muscles. Salmon is also rich in **Omega-3**, fatty acids DHA & EPA, which are essential in the diet as our bodies can't make them. They help with brain function and heart health, protecting the body from heart disease.

The humble **potato** is often overlooked as a health food, but in fact it contains, potassium, vit C, folate & B vitamins. However you will lose most of these if you peel your potatoes. The potato skin is the most nutrient dense part!



Salmon are 'anadromous' meaning they live in both fresh and salt water!

Tuna and Salmon Fishcakes with Stop-Go Sauce

Ingredients

Serves 4

For the Fishcakes

400g potatoes, peeled and cut into big pieces
240g salmon (fresh or tinned)
1 tbsp rapeseed oil
1 leek, chopped
1 clove of garlic, chopped
150g sweetcorn, drained
110g tuna, drained (in spring water is best)
2 eggs, free range if you can
Pinch of black pepper
2 tbsp cream cheese
1 tbsp of plain flour (for coating)
3-4 tbsp panko/dried breadcrumbs

For the Stop Sauce

½ portion of tomato Sauce (see The Super Yummy Kitchen for recipe)

For the Go Sauce

1 mug of pea/ spinach/ green soup (tinned or in a carton is fine)
2 tbsp pesto



Method

Preheat the oven to 170°C

- Boil the potatoes until soft. Drain well until nearly cooled and dry.
- Place the salmon in a foiled tray or pan, with the foil fitting tightly around it.
- If using fresh salmon, pop it in the oven to cook for 8-10 minutes. If using tinned, no need to cook.
- Heat the oil in a saucepan and fry the leek and garlic gently until soft - stirring regularly to avoid browning.
- Using a fork, mix and slightly mash the cooled potatoes with 1 egg, the cooked leeks, cream cheese, sweetcorn, tuna and pepper.
- Cool the salmon before flaking and gently stirring in with everything else (be careful not to over mix).
- Divide the mixture into 4 equal parts on a tray and put in the fridge for at least an hour (overnight is best) to firm up.
- 30 minutes before meal time, heat the oven to 180°C and shape the fish mixture into 4 round patties.
- Beat 1 egg with 1 tbsp of water and place in a shallow bowl. Put the flour on one large plate and the breadcrumbs on another.
- Coat the fishcakes two at a time entirely in flour, then in the egg, and lastly the breadcrumbs. Put on a plate and repeat the process for the remaining two fishcakes.
- Heat a little oil in an oven-proof non-stick pan.
- Gently fry the fishcakes for 3 minutes until golden on the bottom, then turn over and put in the oven for 12 minutes.
- Heat up your soup and stir in the pesto. Separately heat up your tomato sauce.
- Arrange your fishcakes and sauces however you like and dig in!

Recipe

Activity

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Match the Nutrients

Today's curriculum links: SCIENCE & PSHE

? Salmon swim 7000ft up rivers and streams to lay their eggs. When the salmon hatch from their egg, they stay in the fresh water for a while before swimming down to the ocean to live. They then go back to their birth place to lay their own eggs.

Ks1 & Ks2 Can you match the fishcake ingredients with the nutrients that they contain?



1 Vitamin C & Iron
Prevent illness & keep the blood healthy
Fibre
Keeps our digestive system healthy

2 Calcium
Important for teeth & bones
Saturated Fat
Only small amounts needed

3 Protein
For muscle growth & repair
B Vitamins
For energy & healthy body

4 Protein
For muscle growth & repair
Omega-3 fats
Important for our brain and heart

5 Carbohydrates
Give us energy
Fibre
Keeps our digestive system healthy