

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

- 1 Boil the potatoes until soft. Drain well until nearly cooled and dry.
- 2 Place the salmon in a foiled tray or pan, with the foil fitting tightly around it.
- 3 If using fresh salmon, pop it in the oven to cook for 8-10 minutes. If using tinned, no need to cook.
- 4 Heat the oil in a saucepan and fry the leek and garlic gently until soft - stirring regularly to avoid browning.
- 5 Using a fork, mix and slightly mash the cooled potatoes with 1 egg, the cooked leeks, cream cheese, sweetcorn, tuna and pepper.
- 6 Cool the salmon before flaking and gently stirring in with everything else (be careful not to over mix).
- 7 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.
- 8 30 minutes before meal time, heat the oven to 180°C and shape the fish mixture into 4 round patties.
- 9 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.
- 10 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.
- 11 Heat a little oil in an oven-proof non-stick pan.
- 12 Gently fry the fishcakes for 3 minutes until golden on the bottom, then turn over and put in the oven for 12 minutes.
- 13 Heat up your soup and stir in the pesto. Separately heat up your tomato sauce.
- 14 Arrange your fishcakes and sauces however you like and dig in!