



PROJECT FOOD

A helping hand to healthy eating

Fish Cakes

Ingredients

½ large tin salmon or tuna or left over fish

2 large potatoes

100ml milk

Knob of spreadable butter

Small bunch parsley

1 tbsp olive oil

Pepper

Flour for coating



Method

1. Clean and chop potatoes into small pieces
2. Place in saucepan with water and simmer for 20 minutes or until soft
3. Drain off water, add milk, pepper and butter and mash
4. Stir in fish and chopped parsley and mix well
5. Spread a little flour on a plate, shape the fish and potato mixture into balls, press the balls lightly onto the flour and turn over to coat the other side. A light coating of flour is only required.
6. Heat the olive oil over a medium heat and fry the fish cakes until golden brown on both sides.
7. Serve with salad or green vegetable.

Tinned fish is super quick and convenient to use but can be high in salt. Try and look for tuna or salmon in spring water if you can.

This is also a great recipe for using left over fish.

Chickpea Salad with Lemon and Parsley

Serves 2



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Ingredients

- 1 tin chickpeas, drained and rinsed
- 1/2 small red onion, peeled and finely chopped
- 2 tbsp chopped flat leafed parsley
- Juice of 1/2 lemon plus the zest
- 3 tbsp olive oil



Method

1. Make the dressing by putting the lemon juice and olive oil in a bowl and whisk together. Season with black pepper.
2. Tip the chickpeas into the bowl with the red onion and parsley and mix together well. Set aside for 5 minutes to allow the onion to soften and the flavour mingle. Then serve.

Chickpeas are a great source of protein and fibre.

This recipe will make a lovely side dish or nutritious lunch. Once made, you can keep it in an air tight container in the fridge for 3 or 4 days.