

POTATO & PILCHARD FISHCAKE BITES



Serving: 6

Prep Time: 50 min

INGREDIENTS

- 400g potatoes
- 1 x 215g tin Pilchards in tomato sauce

- 30ml (2tbsp) fresh coriander, chopped
- Ground black pepper, to taste
- Juice of ½ lemon
- 15 ml (1 tbsp) lemon zest
- 45ml (3tbsp) sunflower oil
- 1 garlic clove crushed
- 1 medium red onion, chopped
- 1 large egg
- 30g bread crumbs

INSTRUCTIONS

1. Boil the potatoes with skin, until soft and tender. Drain and mash until smooth.
2. Mash the pilchards and mix together with coriander, pepper, lemon juice and zest.
3. In a pan, heat the oil together with garlic and onion and sauté until golden brown.
4. Mix the onion into the mashed potatoes mixture together with the pilchard mixture and shape into 24 bite-sized balls. Preheat the oven to 180° .
5. Beat the egg and dip fish bite in the mixture before rolling lightly in the bread crumbs.
6. Bake for 30 minutes. Thereafter grill until balls are golden brown and crispy.