

Homemade Cheesy Fishcakes

with Peas, Salad and Wholegrain Mustard Mayo

Classic 45-55 Minutes • 1 of your 5 a day



Potatoes



Garlic Clove



Fish Pie Mix



Mature Cheddar
Cheese



Lemon



Vegetable Stock
Paste



Breadcrumbs



Peas



Baby Leaf Mix



Wholegrain Mustard

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil, Butter, Mayonnaise

Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Kettle, peeler, saucepan, garlic press, grater, fine grater, bowl, baking tray and frying pan.

Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Garlic Clove**	4	4	6
Fish Pie Mix** 4)	1 pack	1 pack	2 packs
Mature Cheddar Cheese** 7)	30g	40g	60g
Lemon**	1	1	1
Vegetable Stock Paste	10g	15g	20g
Breadcrumbs 13)	50g	75g	100g
Peas**	120g	180g	240g
Baby Leaf Mix**	20g	50g	50g
Wholegrain Mustard 9)	17g	25g	34g
Pantry	2P	3P	4P
Sugar for the Dressing*	1 tsp	1½tsp	2 tsp
Olive Oil for the Dressing*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g
Salt*	¼ tsp	½ tsp	½ tsp
Mayonnaise*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	545g	100g
Energy (kJ/kcal)	3009 /741	568 /136
Fat (g)	32.4	5.9
Sat. Fat (g)	10.7	2.0
Carbohydrate (g)	78.9	14.5
Sugars (g)	11.0	2.0
Protein (g)	36.4	6.7
Salt (g)	4.22	0.77

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

4) Fish 7) Milk 9) Mustard 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

Contact

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Cook the Potatoes

Preheat your oven to 220°C/200°C fan/gas mark 7. Boil a full kettle.

Chop the **potatoes** into 2cm chunks (peel first if you prefer). Peel the **garlic**.

Pour the **boiled water** into a large saucepan on high heat with ½ **tsp salt**. Add the **potatoes** and **half the peeled garlic** to the **water** and cook until just tender, 12-14 mins.

About 5 mins before the **potatoes** are ready, drain the **fish pie mix** and add the **fish** to the pan. Simmer until the **fish** is cooked through, 5-6 mins. **IMPORTANT:** Wash your hands and equipment after handling raw fish. It's cooked when opaque in the middle.



Time to Bake

Transfer the **fish cakes** to a large, lightly oiled baking tray.

Drizzle with **oil**, then bake on the top shelf of your oven until golden, 24-26 mins. Carefully turn halfway through.

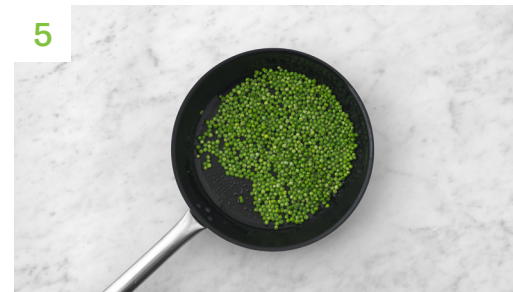


Prep Time

Meanwhile, grate the remaining **garlic** (or use a garlic press).

Grate the **Cheddar cheese**. Zest and quarter the **lemon** into wedges.

In a medium bowl, combine the **sugar** and **olive oil for the dressing** (see pantry for both amounts) with the juice of **half the lemon**. Season with **salt** and **pepper**. Set aside for later.



Finishing Touches

Meanwhile, a few mins before the **fish cakes** are ready, pop a small frying pan on medium-high heat with a drizzle of **oil**.

Once hot, add the **peas** and stir-fry for 2-3 mins.

Add the **baby leaves** to the bowl with the **dressing**. Toss to coat.

In a small bowl, combine the **wholegrain mustard** and the **mayo** (see pantry for amount). Season with **salt** and **pepper**.



Make your Fish Cakes

Once the **potatoes** and **fish** are cooked, drain and allow to steam uncovered for 2 mins. Return to the pan, off the heat.

Mash together, ensuring the **mixture** isn't too smooth so that some small chunks of **potato** remain.

Stir in the **vegetable stock paste**, **cheese**, **breadcrumbs** and **salt** (see pantry for amount) and a pinch of **lemon zest**. Season with **pepper** and mix together.

Allow the **mixture** to cool slightly, then shape into 2cm thick patties, 3 per person.



Serve Up

Share the **fish cakes** between your plates.

Serve with the **salad**, **peas** and **mustard mayo** alongside, as well as any remaining **lemon wedges** for squeezing over.

Enjoy!