



BrendonCare

# Cooking For One

## Smoked Mackerel and Horseradish Fish Cakes

1 Smoked Mackerel fillet  
4oz Frozen mashed potato  
1 tspn Horseradish sauce  
Powdered mash potato  
Black pepper to taste  
Vegetable oil



### Method

1. Defrost the frozen mashed potato in the fridge overnight.
2. Place the mashed potato into a bowl add the horseradish sauce mix in a sprinkle of black pepper.
3. Remove skin from the smoked mackerel and flake into the mashed potato and gently stir together. (Note if the mixture is quite wet and will not form into balls without been to sticky add a sprinkle of powdered mash to the mixture).
4. Place the powdered mash potato evenly on a plate.
5. Shape the mixture into golf ball sized balls, place the balls on to the plate and squash gently, turn over and the squashed balls so the potato powder covers the flattened balls.
6. Place the oil in a frying pan and heat up, fry the fishcakes for 3 mins on each side or until golden brown
7. Serve with salad of vegetables of your choice these are lovely served with balsamic glaze and lemon.

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