



FISHCAKES WITH TARTARE SAUCE

 **Prep: 20 minutes plus chilling**

 **Cook: 15 minutes**

 **Serves: 4**

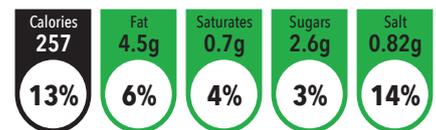
INGREDIENTS:

- 650g Maris Piper potatoes, cut into chunks
- 2 medium eggs
- 240g pack cod fillets
- ½ tsp **LoSalt**
- 1 tbsp tartare sauce
- 2 tbsp chopped chives
- 75g cooked, peeled prawns, roughly chopped
- 2 tbsp vegetable oil for frying

METHOD:

1. Cook the potatoes in boiling water for 15-20 minutes or until tender, drain and allow to steam dry.
2. Meanwhile, place the eggs in a medium saucepan and cover with cold water, bring to the boil then add the cod to the pan, simmer for 5 minutes. Drain and run the eggs under cold water. Place the fish on kitchen paper to drain.
3. Mash the potatoes with the **LoSalt**, tartare sauce and chives and gently stir in the prawns, chopped egg and flaked fish, season with black pepper. Mould into 8 fishcakes and chill for 30 minutes.
4. Heat a little oil in a frying pan and fry the fishcakes in 2 batches for 2-3 minutes on each side until golden.

Each serving contains



of your guideline daily amount

COOKS TIP:

Great served with salad and extra tartare sauce. Try swapping the prawns with white crabmeat.