



Salmon fishcakes

50 g frozen peas

600 g potatoes

½ a bunch of fresh chives

2 x 180g tins salmon

1 tablespoon plain flour, plus extra for dusting

1 egg

2 tablespoons oil

Peel the potatoes, then chop into 2cm chunks. Place in a medium saucepan and cover with boiling water. Simmer gently for about 10 minutes, or until cooked through, adding the peas for the last 2 minutes.

Meanwhile, finely chop the chives and add them to a mixing bowl.

Drain the salmon in a sieve over the sink, then add the salmon to the bowl and use a fork to flake it into smallish chunks.

Add the egg and the 1 tablespoon of flour and mix gently.

Drain the potatoes and peas in a colander over the sink then leave in the colander to cool completely. Once cool, mash the peas and potatoes in the saucepan. Add the mash to the bowl, then mix everything together.

Sprinkle a little flour over 2 large plates.

Divide the mixture into 8 and use your hands to shape each into a ball. Flatten into a fishcake, roughly 2cm thick on one of the floured plates. Then place it onto the clean floured plate.

When all fishcakes are made heat oil in a frying pan on a medium heat.

Place the fishcakes in the pan and cook for 3 to 4 minutes on each side, or until crisp and golden.