

# Mackerel Fish Cakes & Potato Wedges



**Serves 4**

**Prep 15 mins**

**Cooking 35 mins**

**Easy**

## Ingredients

345g smoked mackerel fillets  
350g mashed potato (350g potatoes)  
1 tbsp chopped parsley  
salt & freshly ground black pepper  
1 egg, lightly beaten  
2 tbsp milk  
75g fresh white breadcrumbs  
25g butter  
1 tbsp sunflower oil  
4 tbsp mayonnaise  
serve with lemon wedges & salad or a  
tomato, feta & rosemary parcel



1. First make the mash: Peel the potatoes, cut into 2cm chunks, and cook in boiling salted water for about 20 minutes (or use baked potatoes – scoop out the potato and discard the skin). When they're ready, drain and mash them. When the potatoes are cooled, transfer to a bowl.
2. Flake the mackerel fillets and stir into the mashed potato, along with the parsley & seasoning.
3. Divide the mixture into 8 and mould each portion into shape. Beat the egg with the milk, dip the fish cakes in the egg mixture and then coat in the breadcrumbs.
4. Cut the sweet potatoes into quarters lengthways, drizzle with some oil and bake in the oven for about 20-25 mins.
5. Heat the butter and oil in a large frying pan over a medium heat until foaming and cook the fish cakes for 4-5 mins on each side, until they are golden brown and warmed through.
6. Serve the fishcakes with the mayonnaise, the sweet potato wedges and a tomato, feta & rosemary parcel or salad.