

RECIPES



SALMON FISHCAKES

portion of oily fish, source of vitamin D, store cupboard recipe!

INGREDIENTS

50g frozen peas
600g potatoes, peeled and cut into quarters)
1tbsp fresh chive, optional
2tbsp sweet chilli sauce, optional
2 x 180g tins of salmon
Half a lemon
4 tablespoon plain flour (plus extra for dusting)
2 tbsp oil

METHOD

Place the potatoes into a saucepan with boiling water and boil for around 15 minutes. After 10 minutes add the peas to the pan
Meanwhile, drain the tins of salmon and pour into a bowl. Add the chopped chives, sweet chilli sauce, flour and a squeeze of fresh lemon juice. Mix together.
Drain the potatoes and peas and mash until smooth. Tip the mashed mix into the bowl with the salmon and mix well.
Sprinkle some flour onto a work surface and place the fishcake mixture on top. Using floured hands divide into 8 portions. Shape each portion into a ball and then pat down to make a fishcake shape. Pat both sides of the fishcake with a little flour.
Place the oil in a frying pan and fry each fishcake for 3 or 4 minutes on each side.

TOP TIP!

If you don't have tinned salmon you can substitute tinned tuna. Serve with cooked carrots and tinned sweetcorn.

WHOLEMEAL CHEESE AND ROSEMARY SCONES

good for children to make, good snacks, source of fibre

INGREDIENTS

110g self-raising flour
130g wholemeal self-raising flour
1tbsp finely chopped fresh rosemary
100g strong cheddar cheese, grated
175ml skimmed milk +
tbsp. extra for brushing

METHOD

In a bowl mix the flours, rosemary and 70g of the cheese together. Slowly pour in the milk and bring the mixture together. Try not to overwork the mixture (by mixing it too much) as this will become tough.
Tip the mixture onto a floured surface and shape to form a soft dough, about 1 inch thick. Cut out eight scone-sized circles.
Brush the tops of the scones with milk and sprinkle over the remaining cheese.
Sprinkle some flour on a baking tray (to prevent sticking) and place the scones on top. Cook at 200°C for 12-15 minutes, until they've risen and the cheese starts to brown.

TOP TIP!

If you don't have cutters you can use the rim of a mug or cup.
This is a great recipe for children to learn measuring, rolling, cutting and brushing.