



Week 2: Fish cakes and chocolate flapjacks

Fish Cakes

Ingredients: makes 8ish fishcakes

- 400g tin of pilchards in tomato sauce
- Instant mashed potato (4 portions)
- 1 tbsp oil
- Tablespoon dried onion (optional)
- Large tin of mixed veg (to serve)

Method

1. Add the dried onion to the instant mash mix, then make up as instructed and leave to cool.
2. Mix the cooled mash with the tin of pilchards and sauce
3. Form into fishcake shapes
4. Fry in the oil until golden brown on the outside

Serve with mixed veg (I like mixed peas and carrots)

Adding 1 egg to the mix will make these fishcakes firmer. Dipping the fishcakes into flour before cooking will make them crispier on the outside.

Chocolate flapjacks

Ingredients (you will need to use your own judgement about the exact amounts of each as different brands interact in different ways. Try this at first then adapt if needed).

- 1 tablespoon honey/golden syrup/maple syrup
- 1 tablespoon chocolate spread
- 3 heaped tablespoons porridge oats

Method

1. Mix the chocolate spread and syrup/honey. (You may need to warm the mix slightly over pan of water or in the microwave-15s)
2. Add the porridge oats and mix well.
3. Put in a dish / plate and put in fridge until set.

Almost anything can be used in this recipe. Cornflakes / rice crispies can be used instead of the porridge oats. Raisins can be added to the mix as can mini marshmallows.