

Yummy Cod Fish Cakes

Fish is packed with protein and vitamins, making it a great way to keep your body and mind healthy.

Cod and seabass are good sources of omega-3 fatty acids. Protein, Vitamin A and D and Omega-3 acids are all important nutrients in keeping your body happy and healthy.

Here's a tasty recipe to try at home. Don't forget to ask a grown up for help.



Cod Fish Cakes (Serves 4)

Ingredients

- › 4 potatoes (peeled)
- › 1 cod fillet (skinned and boned)
- › 2 tablespoons of fresh parsley and 4 small sprigs for serving
- › 1 tablespoon of fresh thyme
- › 1 fresh egg (beaten)
- › Salt and pepper for seasoning
- › 100g plain flour
- › 50ml olive oil
- › 4 lemon slices to serve

Method

1. Boil the potatoes. Leave to cool slightly and then mash.
2. Pop the cod into a saucepan of simmering salted water and simmer for about 8 minutes or until it's cooked.
3. When the cod is ready, drain and leave to cool.
4. In a large mixing bowl, combine the potato mash, parsley and thyme.
5. Gradually add in small pieces of the cod.
6. Add in the egg.
7. Season with salt and pepper.
8. Mix all the ingredients well.
9. Spoon out the mixture onto a plate, dividing the mixture into 8 cod fish cakes.
10. Place the flour in a bowl and dip each cake into the flour.
11. Heat the oil in a frying pan and cook the fish cakes for about 4 to 5 minutes on each side.
12. Serve with a slice of lemon and sprig of parsley.

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