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for moms

Crispy fish cakes with buttery mash and spring vegetables

Ingredients

- 3 **Sea Harvest** Fish cakes
- 250ml mashed potatoes with a generous blob of butter and milk
- 2 carrots, sliced thinly
- 3 baby marrows, sliced thinly

Prepare the fish cakes until crisp and brown. Cook the baby vegetables in a little salted water until just tender. Serve with buttery mashed potato and wedges of juicy lemon, setting aside a small portion of the veggies and mash and a fish cake for the "sailboat" recipe overleaf.



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Sea Harvest 'Sailboat' Fish Cakes

Cut a fish cake in half and place on a plate with the cut side on top. Place a stick of baby marrow as a mast and make up a triangle of sail with cut carrots. Pipe buttery mash in a horizontal wavy line below the fish cake boat for the water.



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Fish Cakes with a Crunchy Side Salad

Ingredients

- 3 x **Sea Harvest** Fish cakes
- ½ cucumber, sliced
- 6 green beans, blanched and sliced in half lengthways
- Generous handful of rocket
- ½ green apple, sliced
- 1 tbsp olive oil
- 3 tbsps apple juice
- Seasoning

Prepare the fish cakes until crisp and brown. Dress the green beans, rocket and apple with the apple and olive oil dressing. Serve immediately, season to taste, reserving some salad for the recipe overleaf.



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Sea Harvest 'Flower' Fish Cakes

Overlap slices of cucumber and apple rounds to form a circle of petals. Place a cooked fish cake in the middle. Make a stem from sliced green beans with rocket leaves for leaves. Serve with a dollop of mayonnaise on the side.



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Pita Fish Cakes

Ingredients

- 3 x **Sea Harvest** Fish cakes
- 2 mini pita breads, toasted
- 1 carrot, sliced
- 1 red pepper, sliced
- 2 tbsps hummus
- 1 lemon wedge

Prepare the fish cakes until crisp and brown. Saute the carrots and peppers in a little olive oil until just tender and sweet. Serve with toasted pita breads, hummus, coriander and a squeeze of lemon.



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Sea Harvest Fish Burgers

Split the pita and dollop on a tablespoon of hummus. Place a fish cake on top and pile up with the peppers and carrots. Skewer with a toothpick or stick and serve with fresh coriander on the side.



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Oriental Fish Cakes

Ingredients

- 3 x **Sea Harvest** Fish cakes
- 1 packet of vegetable 2 minute noodles
- 1 x carrot, julienned
- 6 mung touts (flat peas)
- 2 sliced radishes

Dressing

- 1 tbsp mirin
- 1 tsp rice vinegar
- 1 tsp soy sauce

Prepare the fish cakes until crisp and brown. Serve with a two thirds of the noodles, sliced radishes, mung touts, julienned carrots and dressing.



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Sea Harvest 'Lion' Fish Cakes

Make a face with a fish cake, using noodles (toss in the remaining third of the oriental dressing) for a wild mane. Use sliced radishes for eyes, a squiggle of mayo for the mouth and cut the flat peas into small triangles for the teeth. Finish off with the julienned carrots for the whiskers.



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Fish Cakes and Potato Salad

Ingredients

Sea Harvest Fish cakes

3 x baby new potatoes, boiled and
cut in half

2 x patty pans, sliced

2 x baby marrows, sliced

Dressing

1 tbsp olive oil

3 tbsp white balsamic vinegar

6 basil leaves

Prepare the fish cakes until crisp and brown. Cook the veggies in a little water and butter. Serve with sliced baby new potatoes, tossed with a sweet basil vinaigrette.



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Sea Harvest 'Fish' Fish Cakes

Cut a small triangle out of the fish cake and flip it to make a tail. Slice the yellow patty pans to make fins and use mayo and tomato sauce as stripes. Thickly slice a few new potatoes as pebbles and baby marrow as seaweed.

