

Fish cake Recipe

- 1 lb (450g) Plain Flour
- 1 lb (450 g) Fish (Any, fresh or tinned, pink salmon, tuna etc)
- 2x Eggs
- 2x Tablespoons Water
- 2x Tablespoons Olive Oil
- 1x Heaped Teaspoons of Lazy Garlic (or chopped fresh)

Instructions

1. Put all ingredients except flour into a food processor and process into a smooth paste
2. Pour into a mixing bowl and mix in the flour.
3. Grease a Swiss-roll tin well and spread the mixture evenly.
4. Bake in a moderate oven (200C) until cooked – about 30 mins.
5. Cool, cut into cubes, bag and freeze!

