

for the
little ones

fish cakes



30 Minutes



2 Servings



fish

Yummy fish cakes served with crispy potato cubes, crunchy veggie sticks and creamy ranch dipping sauce.

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FROM YOUR BOX

MEDIUM POTATOES	3
CHERRY TOMATOES	200g
CARROT	1
LEBANESE CUCUMBER	1
WHITE FISH FILLETS	1 packet
CHIVES	1 bunch
AIOLI	1 packet
RANCH SPICE MIX	1 packet

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper

COOKING TOOLS

oven tray, large frypan, food processor

For extra flavour in the fish cakes add garlic, lemon zest, or other fresh or dried herbs such as parsley or dill.

Before you start cooking!

Rinse your veggies and lay out all your ingredients, utensils and cooking equipment, such as pans, chopping board and knife.

Ranch spice mix: onion powder, garlic powder, dried dill, dried thyme, dried parsley.



1. Roast the Potatoes

Set oven to 220°C.

Roughly dice potatoes. Toss on a lined oven tray with **oil, salt and pepper**. Roast for 20–25 minutes until tender and golden.

tip Make wedges or chips if preferred!



4. Cook the fish cakes

Heat a large frypan over medium heat. Use **oiled** hands and a 1/4 cup measure to make fish cakes. Add to pan as you go. Cook for 3–4 minutes on each side until cooked through.



2. Prepare the Vegetables

Halve or quarter cherry tomatoes. Cut carrot and cucumber into sticks.

tip Steam the carrot if you prefer, or grate and add it to the fish cakes!



3. Prepare the fish cakes

Roughly chop fish fillets. Add to a food processor with **2 tsp olive oil, salt and pepper**. Blend to a mince consistency. Finely chop chives and mix with blended fish.

tip This is optional – you can cook the fish as is, or crumb it if you prefer!



5. Make the Ranch Sauce

Add aioli, spice mix and **1 tbsp water** to a bowl. Mix to combine.

tip For a milder flavour, use 1/2 amount of ranch spice mix.



6. Finish and Serve

Serve roasted potatoes with fish cakes, veggies and ranch sauce for dipping.