

# EPIC MASH POTATO & FISH CAKE

Serves 8

Hands-on time: 35 minutes

Hands off time: 1 hour 30 minutes

## INGREDIENTS

### For the mash crust:

- 4 tbsp butter
- 3 tbsp breadcrumbs
- 9 extra-large potatoes, peeled and cubed
- ¼ cup milk
- 2 cloves garlic, crushed
- 4 tbsp chopped chives
- ½ tsp each salt and pepper, to season

### For the filling:

- 1 onion, sliced
- ⅓ cup cake flour
- 1 cup cream
- 1½ cups frozen mixed vegetables (peas, carrots and corn)
- 1 tin (400g each) Lucky Star Pilchards in Tomato Sauce
- 1 tin (410g) Lucky Star Baked Beans in Tomato Sauce
- ½ tsp each salt and pepper, to season
- 1½ cups grated cheddar cheese

### Serving suggestion:

- Chopped chives
- Green salad

## METHOD

### For the mash crust:

1. Preheat the oven to 180°C and grease a 20cm round springform cake tin with 1 tablespoon of butter. Sprinkle half of the bread crumbs in the base of the tin and move the tin around so that the bread crumbs cover the base and sides of the tin evenly.  
*\*Chef's Tip: This will give you a crispy crust!*
2. In a medium-sized pot, boil the potatoes in salted water until soft. Drain well, add to a large bowl and mash until smooth. Add in the remaining butter, milk, garlic, chives, salt and pepper. Mash until creamy and smooth.
3. Add ¾ of the mashed potato into the springform tin and using a spatula, press the mash along the base and up the sides of the tin to create a "crust". Bake the mash crust for 30-35 minutes or until slightly golden and crisp.



**For the filling:**

4. Sauté the onion in an oiled pan over a low heat until soft and translucent, about 3 minutes. Add in the flour and mix before adding the cream. Stir until lump free then add the frozen vegetables and allow to simmer for 7-8 more minutes.
5. Remove the Lucky Star Pilchards in Tomato Sauce from the tin and keep the sauce aside. Remove and discard the bones and using a fork, flake the pilchards.
6. Add the Lucky Star Baked Beans in Tomato Sauce, pilchards and the tomato sauce into the pan and stir until combined and heated through, about 5 minutes. Season to taste with salt and pepper and mix well. Allow to cool slightly.
7. Scoop the fish cake filling into the baked mash potato base and smooth it out, creating an even layer.
8. Scatter half of the cheese ( $\frac{3}{4}$  cup) over the filling and cover the cheese with the reserved mashed potato, forming the top of the "crust". Smooth out the top of the mashed potato layer and top it with the remaining cheese.
9. Scatter the remaining breadcrumbs over the cheese and place the tin in the oven to bake for about 25 minutes or until the cheese has melted and the top of the cake is golden and crispy.
10. Allow the cake to cool in the tin for 20-25 minutes before releasing the springform grip and transferring the cake to a serving board
11. Slice into even portions, serve with chopped chives and a green salad and ENJOY!