

# 5-INGREDIENT FISH FINGERS WITH A CHEESY CENTRE

Makes 16

## INGREDIENTS

- 2 medium potatoes, peeled and cubed
- 1 tin (400g) Lucky Star Pilchards in Tomato Sauce
- ¼ tsp each salt and pepper
- 3 eggs
- 2 cups breadcrumbs
- 200g white cheddar cheese

Oil, for frying

## Serving suggestion:

Tartar sauce

## METHOD

1. Add the quartered potatoes to a pot of salted water. Allow to boil for about 25 minutes or until just soft. Drain the water and mash the potatoes using a fork. Allow the mashed potatoes to cool to ensure firm fishcakes.
2. Shred the Lucky Star Pilchards in Tomato Sauce and place in a medium sized bowl and add a pinch each of salt and pepper. Stir to combine and set aside. *\*Chef's Tip: You can debone the pilchards if preferred, although pilchard bones are safe to eat.*
3. Combine the mashed potatoes with the pilchard and mash together to combine. Add 1 egg, ½ cup of breadcrumbs and the reserved salt and pepper and mix well. Place in the fridge for 15-20 minutes to slightly firm up the mash mixture.
4. Slice the cheese into 6cm x 2cm sticks and cover each stick with 2 tablespoons of the pilchard mixture, forming a rectangle around each one in a fish finger like shape.
5. Dip the pilchard fish fingers into the beaten egg and then into the reserved breadcrumbs, ensuring that the entire fish finger is well coated.
6. Bring about 3cm depth of oil to a medium to high heat. Fry the fish fingers for 3-5 minutes until they are golden and crispy. Drain them on paper towel, serve with a tartar sauce and ENJOY!