

Fishcakes



Ingredients

- Tinned Potatoes (Mashed)
- 1 Egg
- 2 tins of tuna
- 1 small tin of sweetcorn
- 1 tsp of English mustard
- 1 tsp of Pepper
- A handful of grated cheese
- Zest of 1 Lemon
- Herbs (Basil, Parsley)

Instructions

- 1) Mix all ingredients together with your hands, then divide into quarters or snowball shapes.

- 2) Coat the fishcake with breadcrumbs, but if the fishcake is too dry for the breadcrumbs to stick then dunk into a beaten egg before rolling in the breadcrumbs.
- 3) Spray fry lite oil into the air fryer and over the fishcakes, or put onto greaseproof paper.
- 4) Pre heat fryer to 180C.
- 5) Cook the fishcakes for 5 minutes on each side.



The project is using produce from the allotment area at The Mount Community Garden.

The members have grown this produce from seed or cuttings and harvested it to use in their cooking, using energy efficient appliances - air fryer, microwave and slow cooker.

Booklet 2

Bean chilli, Chicken burgers & Fishcakes



Bean Chilli



Ingredients

- 400g can red kidney beans
- 200g chopped vegetables (*celery, carrot, peppers, mushrooms*)
- 400g can tomatoes
- 750ml low salt vegetable stock
- 1 onion
- 2 cloves garlic
- 4 tbsp tomato puree
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp cayenne pepper
- 1 tsp smoked paprika
- Juice of a lime
- Fresh coriander to garnish
- 2 tbsp olive oil

Brown rice, pasta or cous cous (cooked to packet instructions)

Instructions

- 1) Chop the onion into small cubes.
- 2) Place all the chopped vegetables in the air fryer, with the oil, and cook for 10 minutes at 180C.
- 3) Now add the veg stock to the air fryer along with the kidney beans, garlic, tomato puree and seasoning.
- 4) Mix thoroughly,
- 5) Cook in air fryer for 20 minutes at 180C

Chicken Burger

Ingredients

- 500g Ground Chicken
- ½ cup of Breadcrumbs
- 1 tsp Onion Seasoning
- 3 Cloves of Garlic (Crushed)
- 1 Egg
- Salt and Pepper – To taste
- Basil and Paprika for seasoning



Instructions

- 1) Mix all the ingredients, thoroughly, in a bowl.
 - 2) Form the mixture into balls, then flatten to get the burger shape.
 - 3) Pre-heat Air Fryer 200C.
 - 4) Cook 15 for minutes, flipping half way through cooking time
 - 5) Rest for 2 minutes when cooked.
 - 6) Add lettuce, tomato, onions & condiments
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