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Recipe of The Month July 2015

Fishcakes - yummy, but a bore to make, right? Nope. I found this recipe (sorry, another baby lead weaning one!) and have adapted it a little to make for a fabulous grown up dinner! They also freeze pretty well, so you could make an extra portion or two for another day.

A lot of people avoid carbohydrates during the day as they tend to make you feel tired; that's pretty normal.

The flip side is also true though - have some carbs with your dinner in order to help you sleep better. Two or three hours before bed is perfect!



What I'm Cooking: Fishcakes

Serves: 2

Prep: 10 mins (plus potato cooking time)

Cook: 8 mins

Ingredients

- 1 large potato, baked
- 1 large skinless and boneless fillet of fish - tuna, salmon, mackerel - whatever.
- 2 spring onions, chopped
- Juice of 1/2 lemon
- Salt & Pepper
- Coconut oil

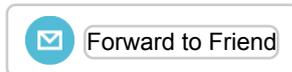
Method

1. Cook your fish fillet in some coconut oil for a few minutes each side, until cooked through and flaky

2. While it's cooking, take the flesh out of the baked potato and mash it in a bowl (this is really quick and easy to do with the back of a fork)
3. Add the spring onions, lemon juice and some salt and pepper, then mix it all together. You could add a bit of Dijon mustard if you fancied too, or a handful of chopped herbs.
4. When the fish is cooked, flake it into the bowl with the potato and mix together
5. Take heaped dessertspoon-fulls of the mixture and shape into patties, then fry for about 3-4 minutes each side in some coconut oil, until they start to crisp up.
6. Serve with a big pile of salad, or some peas or broccoli

Until next time, enjoy staying healthy!

Best wishes,



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