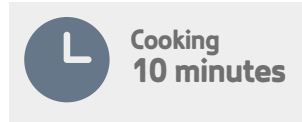
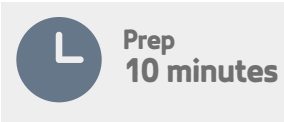




## Cod Roe Fishcakes



	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	840kcal	4.3g	36.6g	8.9g	4.2g
RI%	42%	5%	52%	45%	70%

### Method

1. Carefully remove the cod roe from the can, in one piece. Slice through the middle horizontally to make two rounds.
2. Put the flour onto a plate and coat each cod roe round lightly with it, then dip into the beaten egg, making sure they are coated around the sides. Finally, dip into the breadcrumbs to coat completely.
3. Heat the vegetable oil in a frying pan and cook the fish cakes for 3-4 minutes on each side, turning them over carefully with a fish slice. Drain on kitchen paper.
4. Serve the fish cakes with soured cream and chopped fresh dill or parsley (if using), accompanied by watercress or salad leaves.

### Ingredients

- 1 x 200g can Princes Pressed Cod Roe
- 2 tbsp plain flour
- 1 egg, beaten with 1 tbsp cold water
- 75g dried breadcrumbs (flavoured with lemon and black pepper, if available)
- Vegetable oil, for frying
- 2 tbsp fresh soured cream
- Chopped fresh dill or parsley (optional)
- Watercress or salad leaves, to serve

