

Crab and Prawn Cakes with Salad (Serves 2)

You will need:

- 120g canned crab meat drained
- 120g cooked peeled prawns
- 300g new potatoes in skins
- 1tbsp low-medium fat cream cheese
- 1 tsp black pepper
- 2 tbsp low-fat natural yogurt
- 1 cup homemade wholemeal breadcrumbs (made from 3 slices bread)

How to make it:

1. Preheat the oven to 180°C/350°F/Gas Mark 4.
2. Boil the new potatoes in their skins for 10-15mins until cooked.
3. In a bowl combine the crab meat and prawns with the chives.
4. Once cooled slightly, mash the new potatoes with the cream cheese and black pepper.
5. Combine the potato and fish mixtures.
6. Using your hands roll into 4 balls and flatten slightly to create a “cake”
7. Dip each fishcake into the yogurt and then into the breadcrumbs and place on a baking tray.
8. Bake in the centre of the oven for 20-25mins.
9. Serve with a side salad.

What does this give you?

- 1-2 portions of starchy food
- 1 portion of protein
- 2 portions of vegetables
- ½ a portion of dairy

The detail: per serving: 482kcal, 3.3g saturated fat, 9.5g sugar, 5.9g fibre, 35g protein, 2.5g salt.

Preparation and cooking time: 45 minutes

Approx. cost per serving: less than £4.00

Note: This recipe is particularly good if you're trying to lose weight or gain strength.

ALLERGENS: Contains gluten, milk and crustaceans. May contain eggs and soya