





TINNED FISH BUDGET MEALS





TINNED FISH BAKE

Ingredients

- 1 x 410g tinned fish
 - 1 x small chopped onions
 - ½ cup chopped peppers
 - ½ cup mushrooms
 - 1 cup grated carrots
 - 1 x 60g packet onion powder soup
 - 1 to 2 cups water
 - 1 kg peeled potatoes cut into slices and boiled until soft (not mashed)
 - Salt and pepper to taste
 - 1 cup grated cheese
 - Fresh or dried parsley or mixed herbs for garnish
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Method

1. Heat a frying pan and add onions, peppers, mushrooms, carrots and fry until golden brown
 2. Add tinned fish and stir together with other ingredients
 3. Put packet of soup in a bowl and mix with water
 4. Add to the fish mixture, let it simmer for few minutes
 5. Layer the potatoes in a baking pan
 6. Put the fish mixture on top of the potatoes and cover all potatoes
 7. Sprinkle with grated cheese
 8. Garnish with herbs of your choice
 9. Bake in the oven at 180C or until golden brown
 10. Serve with your choice of vegetables
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Can serve about 4 people.



TINNED FISH BUDGET MEALS






TINNED FISHFRITTERS

Ingredients

- 1 x 410g tinned fish, mashed
- 2 large eggs, beaten
- 2 cups cake flour
- 2 tsp baking powder
- Pinch of salt
- Oil for frying in a pot

Method

1. Sieve together flour, salt and baking powder in a bowl
 2. Add the eggs and mashed fish to flour mixture and mix everything together
 3. Heat oil
 4. Drop enough spoonfuls of fish mixture in hot oil and fry until golden brown
 5. Take out and drain on paper towel
 6. Allow to cool and keep in a closed container
 7. Serve as a snack item
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