

# Fish and corn rissoles

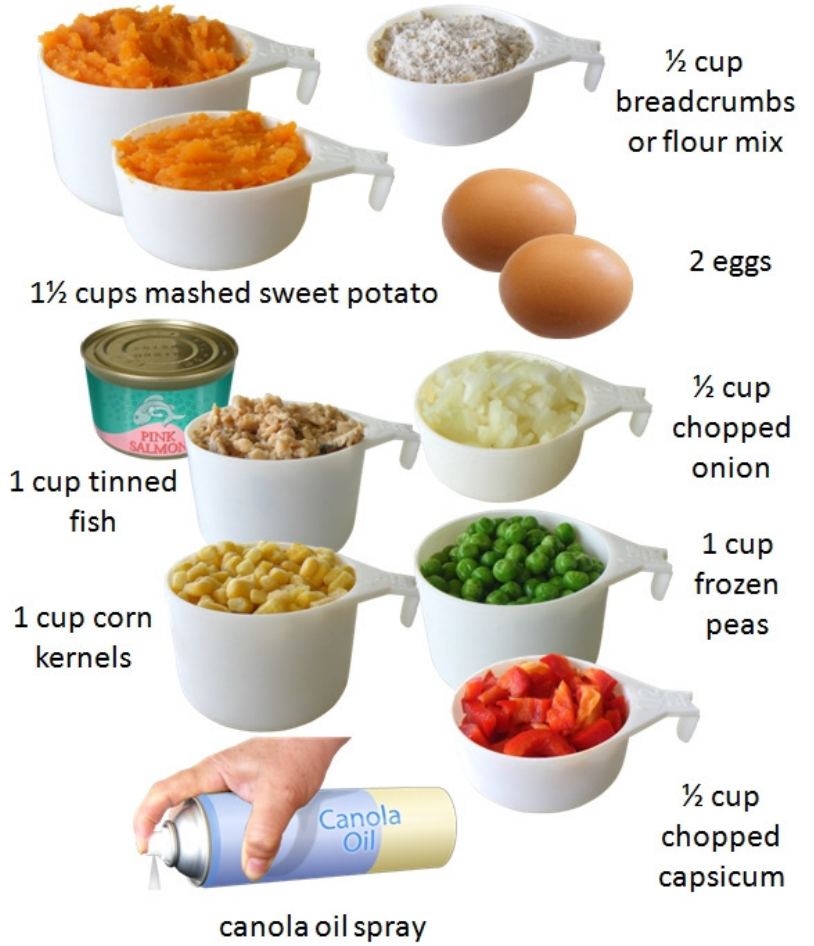
Makes 7 rissoles  
Baking version



## Equipment



## Ingredients



1 Boil and mash sweet potato



2 Add vegetables and mix



3 Add 1 cup mashed tinned fish



4 Add whisked eggs



5 Mix





6 Measure ½ cup rissole mix



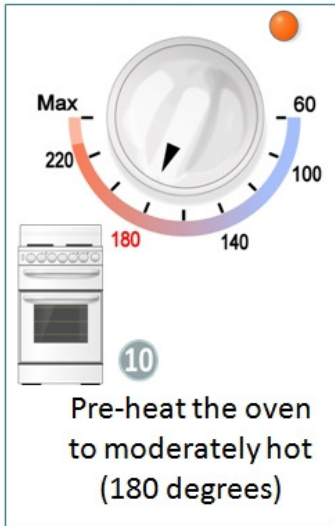
7 Dust board with flour mix



8 Place rissole mix on flour



9 Shape rissole



10 Pre-heat the oven to moderately hot (180 degrees)



11 Spray frying pan with oil



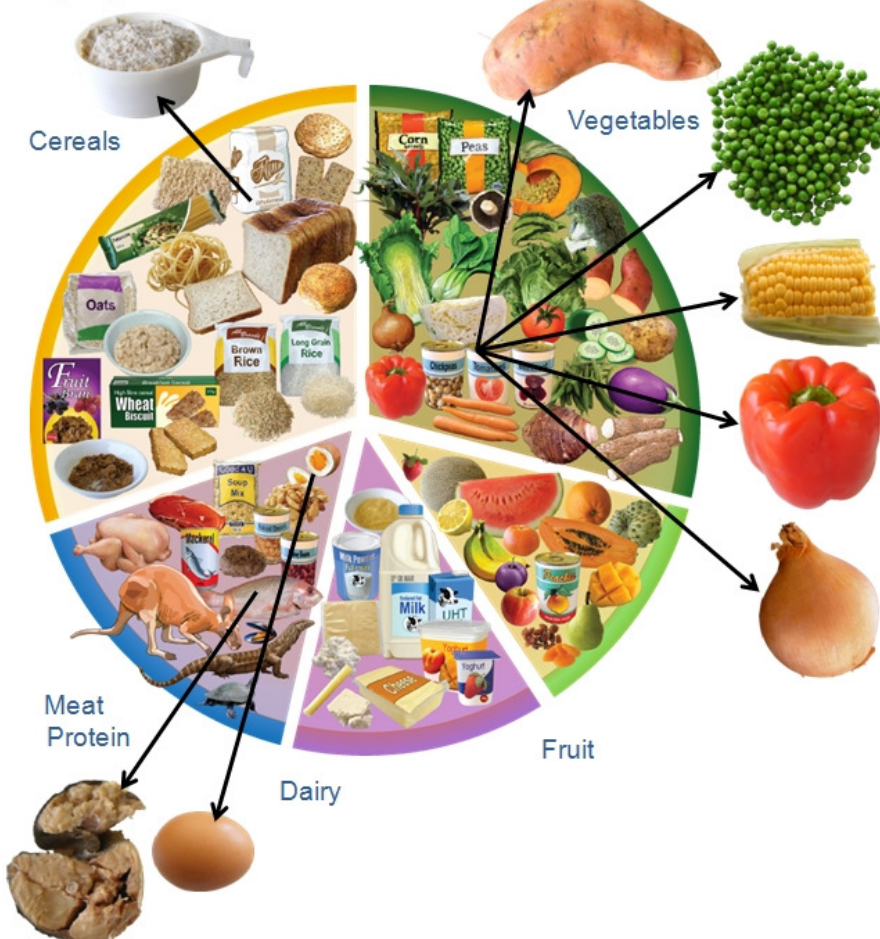
12 Place rissoles



13 Bake for 30 minutes. (Optional - Turn the rissoles after 20 minutes)

14 Serve

Food groups



Serves in 1 fish and corn rissole



½ cup of vegetables

There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

### **Key skills:**

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

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