

Fish and corn rissoles

Fried curry version Makes 7 rissoles



Ingredients



Equipment



1 Fry the onions and garlic.
Add curry powder

2 Add vegetables

3 Mix



4 Add 1 cup mashed tinned fish



5 Add whisked eggs



6 Mix



6 Measure ½ cup rissole mix



7 Dust board with flour mix



8 Place rissole mix on flour



9 Shape rissole



10 Turn the frying pan thermostat to 4



12 Place rissoles



13 Fry until cooked



14 Serve

11 Oil the frying pan

Good food plate



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 at all times use your own professional judgement when using this resource

Purpose of resource:

To support the delivery of practical cooking and nutrition education sessions

Key skills:

This resource could be used to support development of the following skills:

- Independently follow a recipe.

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.

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