

Tuna Fish Cakes



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Serves: 4
Rating: Easy
Time: 20 mins

You will need:

- Large bowl
- Small bowl/cup (to beat egg in)
- 3 plates
- Spoon and fork
- Sharp knife
- Grater
- Spatula
- Frying pan

Ingredients

- 2 x 145g cans of tuna, drained (if in oil reserve it for frying, if in brine dispose of it)
- 500g mashed potato (can use leftovers or instant mash made up)
- 2 or 3 spring onions, finely chopped
- 1 egg, beaten
- 1 lemon – grate zest, and keep slices for serving
- Salt and pepper to taste
- 50g breadcrumbs
- 1-2 tbsp vegetable oil, or oil from tuna tin

Nutrients per serving	
Calories	305
Fats	13g
of which Saturates	5g
Sugars	2g
Carbohydrates	32g
Protein	18g
Salt	1g

Method

1



Put the mashed potato and drained tuna in to a bowl and mix thoroughly with a large spoon. Add beaten egg, some grated lemon zest, chopped spring onions and seasoning, then stir again until completely mixed.

2

Spread a thick layer of breadcrumbs on to a plate. Divide the mix into 12 evenly sized balls and place them on the breadcrumbs, a few at a time. Press each ball lightly to flatten to form a “cake” shape, then turn them over to coat the other side. Remove and place on a clean plate.



3



Heat a tablespoon of oil in a frying pan. Using a spatula, place the fish cakes in to the pan. Fry the fishcakes for 4 minutes, turn them over with the spatula and fry for a further 3 mins until browned and crisp on both sides. Add more oil if necessary to cook the remaining fish cakes. Optional: Squeeze some lemon juice on the fish cakes when serving.

Top Tip

If you don't have breadcrumbs, you can toast 2–3 slices of stale bread, then grate or crumble to form the breadcrumbs