


SIMPLE TUNA FISH CAKES



 Serves
4

 Prep
20 minutes

 Cooking
12 minutes

These tasty fish cakes are a cinch to make, and they taste fantastic!

	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	144Kcal	1.7g	5.4g	1.5g	0.22g
RI%	7%	2%	8%	7%	4%

METHOD

1. Drain the cans of Princes Tuna Chunks and tip onto a plate. Break the fish into chunks and set aside.
2. Melt the butter in a frying pan and gently fry the spring onions and garlic for 2-3 minutes. Cool slightly, then mix into the potato with the sweetcorn and parsley.
3. Add the tuna, season with salt and pepper and mix together. Form into 8 small or 4 large fish cakes and coat them lightly in plain flour.
4. Beat the egg with 2tbsp cold water. Dip the fish cakes in the egg and coat them in breadcrumbs. Chill until ready to cook.
5. Heat the vegetable oil in a large frying pan and shallow fry the fish cakes for 4-5 minutes per side, until golden brown. Drain on kitchen paper.
6. Serve with salad or vegetables.

INGREDIENTS

2x145g cans **Princes Tuna Chunks in Spring Water**

20g butter

4 spring onions, finely chopped

1 garlic clove, crushed

800g cold mashed potato

100g sweetcorn, thawed if frozen

1tbsp chopped fresh parsley

Salt and freshly ground black pepper

Plain flour, for dusting

1 egg, beaten

100g dried breadcrumbs

Vegetable oil, for frying

