



Tuna and Sweetcorn Burgers



Serves
4



Prep
20 minutes



Cooking
8 minutes



Tuna lovers will adore these tasty burgers!

Cooks Tip:

Try topping the burgers with a dollop of mayo flavoured with finely grated lemon zest.
If serving at a BBQ, precook as above, wrap in foil and re-heat over the barbecue coals.

| | Calories | Sugars | Fat | Saturated Fat | Salt |
|----------|----------|--------|------|---------------|-------|
| per 100g | 135Kcal | 1.9g | 5.1g | 1.5g | 0.29g |
| RI% | 7% | 2% | 7% | 8% | 5% |

Ingredients

145g can Princes Tuna Chunks in Spring Water
15g butter
4 spring onions, finely chopped
400g cold mashed potato
100g sweetcorn, thawed if frozen
1tbsp chopped fresh chives or parsley
Salt and freshly ground black pepper
Plain flour, for dusting
1 egg, beaten
Vegetable oil, for frying
4 seeded burger buns, split through the middle
Shredded lettuce, cucumber and tomato, to serve

Method

1. Drain the can of Princes Tuna Chunks and tip onto a plate. Break into chunks and set aside.
2. Melt the butter in a frying pan and gently fry the spring onions for 2-3 minutes. Cool slightly, then mix into the potato with the sweetcorn and chives or parsley.
3. Add the tuna, season with salt and pepper and mix together. Form into 4 burgers and coat them lightly in plain flour.
4. Beat the egg in a shallow bowl. Dip the burgers in the egg and coat them in the flour once more. Chill until ready to cook.
5. Heat the vegetable oil in a large frying pan and shallow fry the burgers for 3-4 minutes per side, until golden brown. Drain on kitchen paper.
6. Toast or chargrill the cut sides of the burger buns, then add the tuna burgers and serve with lettuce, cucumber and tomato.

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