

TUNA FISH CAKES

APPROX 160 KCAL PER FISH CAKE BASED ON EIGHT FISH CAKES

£0.67 **£5.38***

PER FISH CAKE BASED
ON EIGHT FISH CAKES

TOTAL COST APPROX

— BE —
PORTION
SIZE
— WISE —



GOT LEFTOVERS?

COOL AND WRAP FISH CAKES IN FOIL AND FREEZE.
CAN STORE FOR UP TO THREE MONTHS.



INGREDIENTS SERVES 4

- 450g (1lb)** potatoes, peeled and halved
- 2 - 3** tablespoons of milk
- 1** tablespoon olive oil
- 3** spring onions, peeled and finely chopped
- 2 x (160g)** cans tuna fish chunks in spring water, drained
- 1** tablespoon of wholegrain mustard
- 1** egg, beaten
- 115g (4oz)** fresh brown breadcrumbs

METHOD

- Cook the potatoes in boiling water until they are tender. Drain well, add the milk and mash until they are smooth
- Add a little olive oil to a frying pan and cook the spring onions until they are soft, then mix into the mashed potato
- Flake the tuna into the potato mixture and stir in the mustard. Cool
- Once cooled, flour your hands and shape the mixture into eight cakes
- Dip each cake in the beaten egg and coat them in breadcrumbs
- Pre heat your oven to gas mark 6/200°/fan 180°C
- Lightly brush a baking tray with olive oil and place the cakes on the tray
- Cook in the oven at gas mark 6/200°/fan 180°C for about 20 minutes
- Serve with fresh green salad and a lemon wedge

*Cost excludes store cupboard items such as oil, seasonings and spices

RECIPE COURTESY OF HELEN MOYES, HEART OF DERBYSHIRE ADULT EDUCATION TUTOR.

