

Tuna Fishcakes, Salad

Ingredients

Click the image below for a **video guide**.



- 1 tsp garlic granules
- 800g cooked potato, mashed
- 100g frozen mixed veg, thawed
 - 2 x tins of tuna, drained
- Salt and pepper, to season
 - 2 tbsp plain flour
 - 1 egg, beaten
 - 2 tbsp cold water
- 100g breadcrumbs
 - Bag of salad

Method

- 1.** Add the fishcake ingredients to a large bowl. Mix well using your hands, then shape into patties.
- 2.** Next, set up your 'fishcake prep line': three bowls, one with flour, the next with egg and cold water and the third with breadcrumbs.
- 3.** Coat the fishcake in plain flour, then dip in the egg. Finally, coat in breadcrumbs. Repeat with the other fishcakes, then chill in the fridge until you're ready to cook.
- 4.** Heat a large frying pan and fry the fishcakes for 4–5 minutes per side, until golden brown. Drain on kitchen paper.
- 5.** Serve with salad.