

Tuna Fishcakes

Ingredients



- 1 tsp garlic granules
- 400g 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
 - 50g breadcrumbs
 - Bag of salad

Method

- 1.** In a pan, dice and cook the potato until it becomes soft. Once the potatoes are easily pierced, mash them and combine them with garlic granules, cooked vegetables, and tuna in a large bowl. Mix well using your hands and shape the mixture into patties.
- 2.** Prepare a "fishcake prep line" with three bowls: one with flour, the next with beaten egg and cold water, and the third with breadcrumbs.
- 3.** Coat each fishcake in plain flour, then dip it into the egg mixture. Finally, coat it in breadcrumbs. Repeat this process for the remaining fishcakes, then refrigerate them until you are ready to cook.
- 4.** Heat a large frying pan and fry the fishcakes for approximately 4-5 minutes per side or until they turn golden brown. Place the cooked fishcakes on kitchen paper to drain any excess oil.
- 5.** Serve the fishcakes with a side salad.

The Finer Details

Per Portion
245 Calories
21g Protein
30g Carbs
2.5g Fat
