

# Tuna Fishcakes & Peas

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**Per Portion**  
**410-480** Calories  
**25-30g** Protein  
**45-55g** Carbs  
**9-12g** Fat

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## Ingredients

- 1 tsp garlic granules
- 800g cooked potatoes, mashed
- 100g frozen mixed vegetables, thawed
  - 2 tins of tuna, drained
- Salt and pepper, to season
  - 2 tbsp plain flour
  - 1 egg, beaten
  - 2 tbsp cold water
- 100g breadcrumbs
- 200g frozen peas

## Method

1. In a large bowl, combine the garlic granules, mashed potatoes, thawed mixed vegetables, and drained tuna. Season with salt and pepper. Mix everything well using your hands until evenly combined. Shape the mixture into patties.
2. Prepare a fishcake prep line by setting up three bowls. Place plain flour in the first bowl, beaten egg mixed with cold water in the second bowl, and breadcrumbs in the third bowl.
3. Take each fish cake patty and coat it in flour, ensuring it is lightly coated on all sides. Then dip it into the beaten egg mixture, making sure it is fully coated. Finally, coat the patty in breadcrumbs, pressing gently to adhere the breadcrumbs. Repeat this process with the remaining fishcakes. Once coated, place the fishcakes in the refrigerator to chill until you're ready to cook.
4. Preheat your air fryer to 200C.
5. Arrange the fishcakes in the air fryer basket, making sure they are not overcrowded. Cook the fishcakes for 15 minutes at 200C, or until they are golden brown and crispy.
6. While the fishcakes are cooking, prepare the frozen peas according to the package instructions.
7. Once the fish cakes are cooked, remove them from the air fryer and serve them alongside the cooked peas.

*\*This recipes nutritional values were generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the nutritional information. Please use common sense when cooking this recipe.*