

Tuna Fishcakes, Peas

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

Methods

- 1.** In a large bowl, combine garlic granules, mashed potatoes, thawed mixed vegetables, and drained tuna. Season with salt and pepper.
- 2.** Mix everything well until evenly combined, shaping the mixture into patties.
- 3.** Set up a fishcake prep line with three bowls: place plain flour in the first bowl, beaten egg mixed with cold water in the second, and breadcrumbs in the third.
- 4.** Coat each fish cake patty in flour, dip it into the beaten egg mixture, and then coat it in breadcrumbs. Press gently to adhere the breadcrumbs. Repeat for all fishcakes.
- 5.** Chill in the refrigerator until ready to cook.
- 6.** Preheat your air fryer to 200°C.
- 7.** Arrange fishcakes in the air fryer basket, ensuring they are not overcrowded.
- 8.** Cook for 15 minutes or until golden brown and crispy.
- 9.** Alternatively, heat a large frying pan and fry the fishcakes for 4–5 minutes per side until golden brown. Drain on kitchen paper.
- 10.** While fishcakes are cooking, prepare frozen peas according to the package instructions.
- 11.** Once fish cakes are cooked, serve alongside the cooked peas.