

Tuna Cakes



Makes about 12 tuna cakes

2 x 175 g cans tuna, drained

1 egg, beaten

2 Tbsp. parsley, chopped

1 small onion or 6 spring onions, chopped

1/2 cup potato mash

1/4 cup flour

Salt and freshly ground black pepper to taste

Oil for frying

Method

To make the tuna cakes, mix all the ingredients together in a bowl.

Form small cakes with your hands.

Arrange the tuna cakes on a tray and place in the fridge for several minutes.

Heat more oil in frying pan and fry the cakes until golden brown.

Serve with the dipping sauce of your choice e.g sweet chillie sauce and lemon wedges.

Useful Tips

Fish cakes freeze well. Simply wrap each one in clingfilm and freeze for no longer than 2 months.

Adapted from: Rhodes recipes