

# 5-INGREDIENT TUNA FISHCAKES 3 WAYS

Serves 4

## INGREDIENTS

2 potatoes, peeled and cut into quarters  
2 cans (170g each) Lucky Star Light Meat Tuna Chunks in Water, drained  
3 eggs  
½ cup chopped parsley  
¼ cup breadcrumbs  
Salt and pepper, to taste  
1 tbsp oil

### For the fishcakes with a green salad:

Green salad, dressed  
Aioli (garlic mayonnaise)  
Lemon wedges  
Fresh dill

### For the fishcake pitas:

4 pitas  
Fresh rocket  
Roasted Mediterranean vegetables (such as baby tomatoes, peppers, onion, mushrooms, courgette)  
Tzatziki  
Feta, crumbled

### For the fishcake burgers:

4 burger buns, cut in half  
Sweet chilli mayonnaise, plus extra to serve  
2 cups slaw  
1 avocado, quartered and sliced  
Handful fresh coriander  
Potato wedges, baked

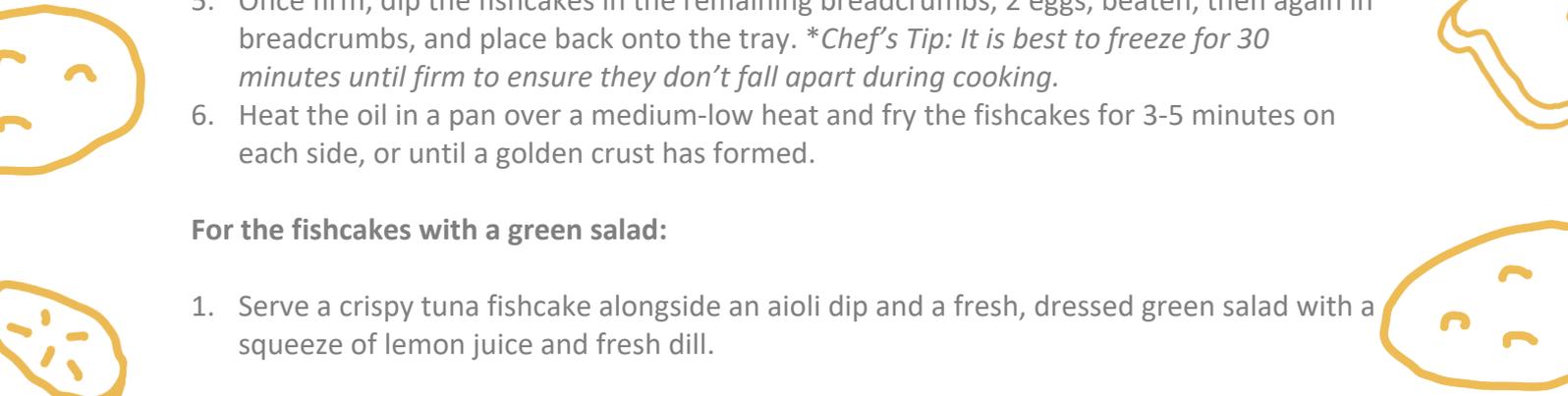
## METHOD

### For the tuna fishcakes:

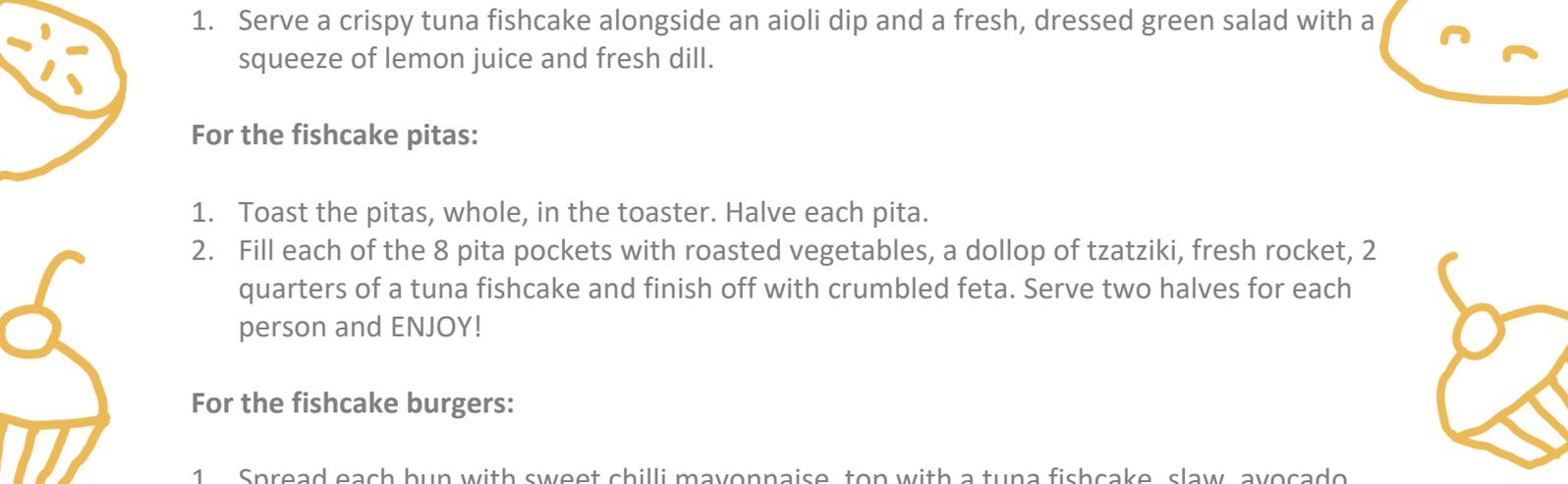
1. Add the potatoes to a large pot of salted water. Allow to boil, covered, for 25 minutes, or until soft.
2. Drain the water and mash using a fork.
3. Add the tuna, 1 egg, parsley and 3 tablespoons of the breadcrumbs and mix well. Season with salt and pepper to taste.

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4. Divide mixture and mould into 4 large fishcakes. Place the tray in the freezer for 5-10 minutes for the patties to firm up.
  5. Once firm, dip the fishcakes in the remaining breadcrumbs, 2 eggs, beaten, then again in breadcrumbs, and place back onto the tray. *\*Chef's Tip: It is best to freeze for 30 minutes until firm to ensure they don't fall apart during cooking.*
  6. Heat the oil in a pan over a medium-low heat and fry the fishcakes for 3-5 minutes on each side, or until a golden crust has formed.

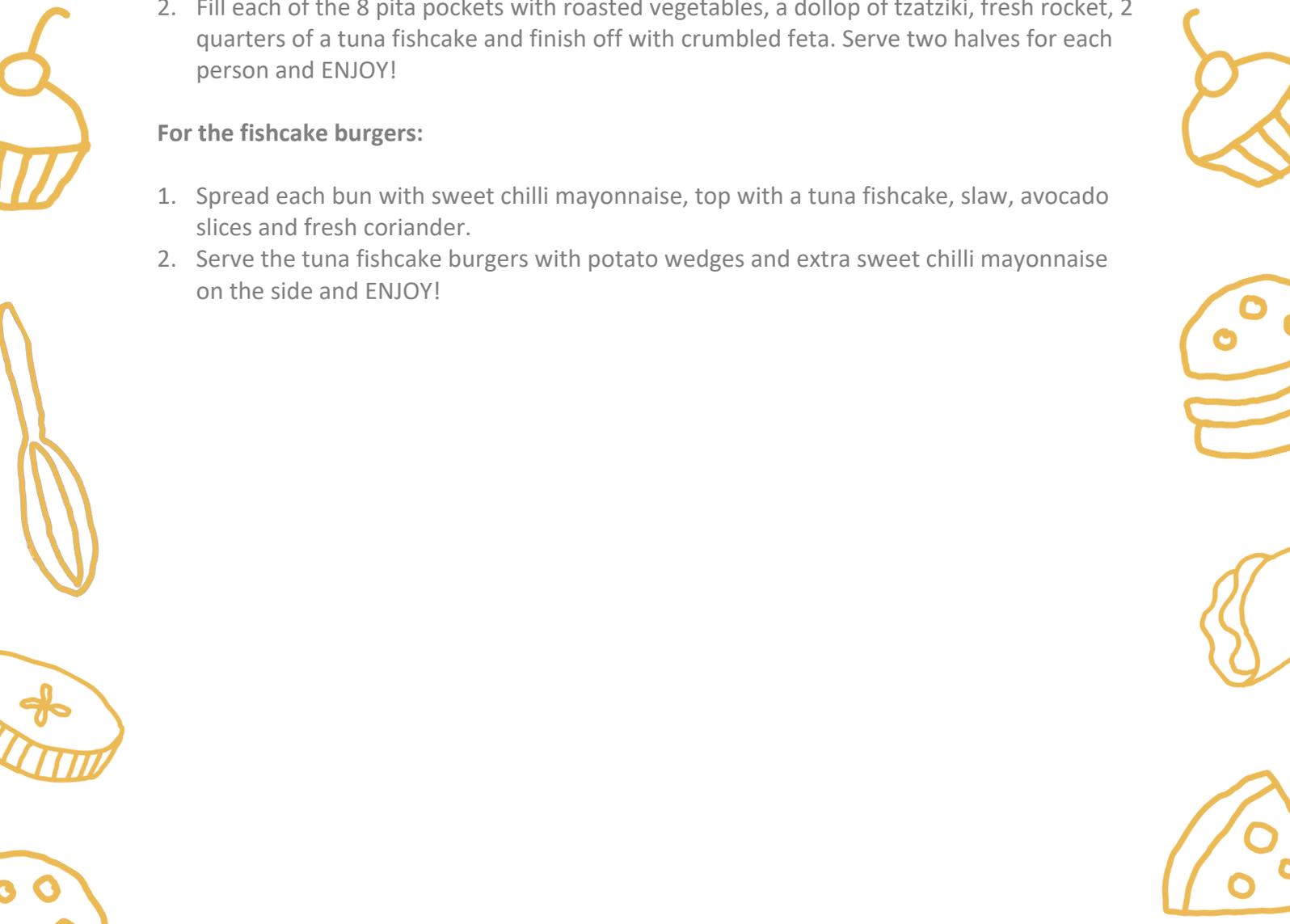
#### **For the fishcakes with a green salad:**

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1. Serve a crispy tuna fishcake alongside an aioli dip and a fresh, dressed green salad with a squeeze of lemon juice and fresh dill.

#### **For the fishcake pitas:**

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1. Toast the pitas, whole, in the toaster. Halve each pita.
  2. Fill each of the 8 pita pockets with roasted vegetables, a dollop of tzatziki, fresh rocket, 2 quarters of a tuna fishcake and finish off with crumbled feta. Serve two halves for each person and ENJOY!

#### **For the fishcake burgers:**

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1. Spread each bun with sweet chilli mayonnaise, top with a tuna fishcake, slaw, avocado slices and fresh coriander.
  2. Serve the tuna fishcake burgers with potato wedges and extra sweet chilli mayonnaise on the side and ENJOY!