

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

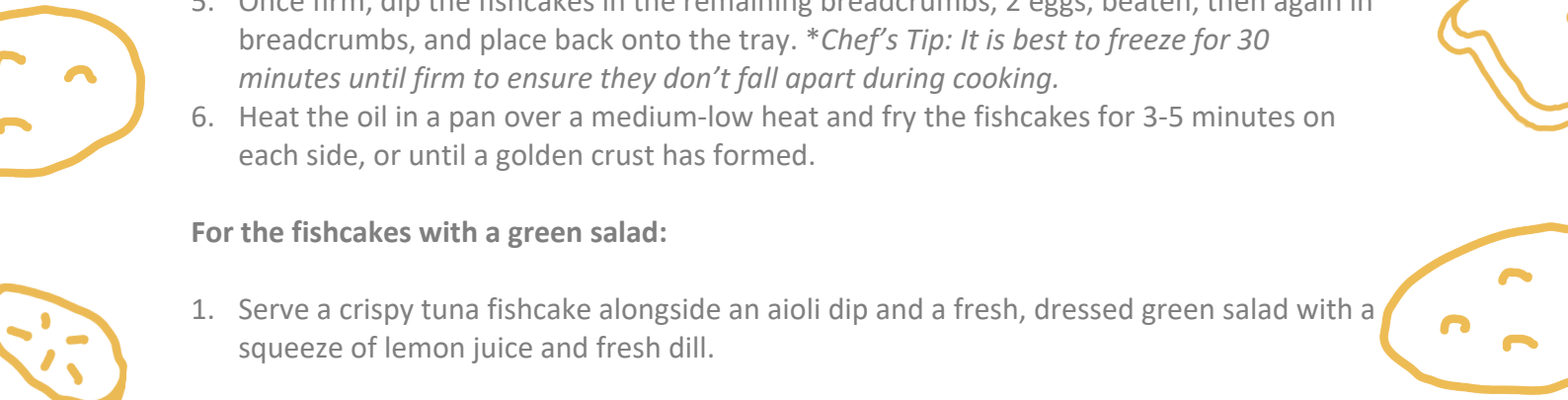
METHOD

For the tuna fishcakes:

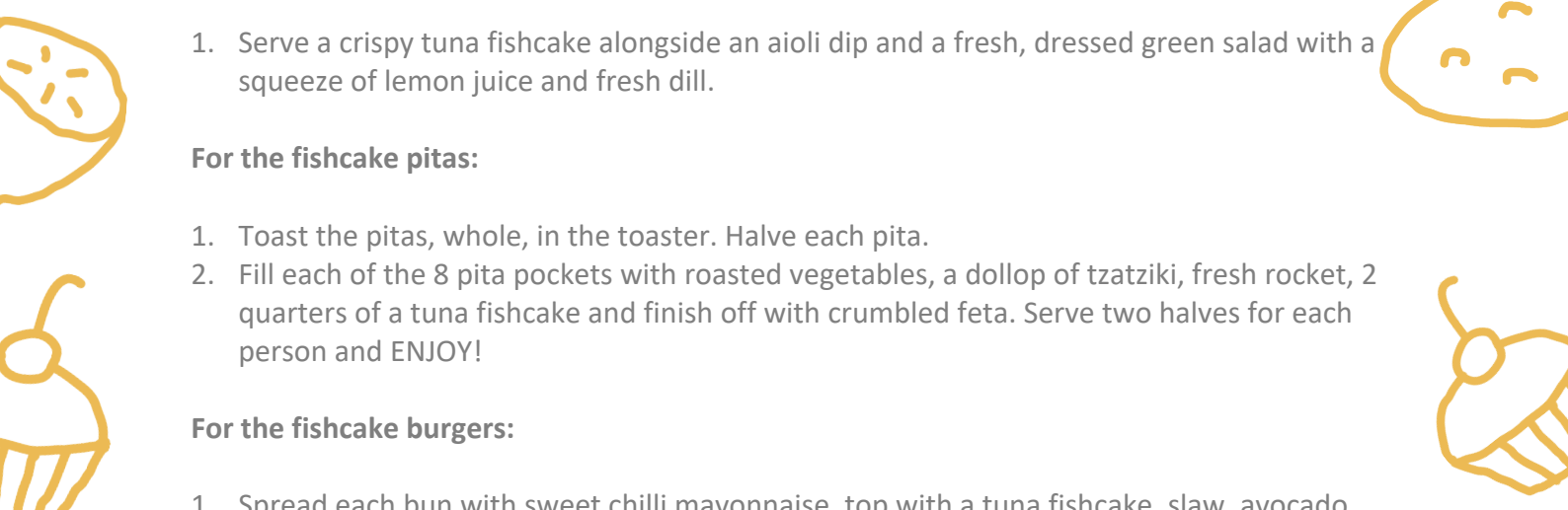
1. Add the potatoes to a large pot of salted water. Allow to boil, covered, for 25 minutes, or until soft.
2. Drain the water and mash using a fork.
3. Add the tuna, 1 egg, parsley and 3 tablespoons of the breadcrumbs and mix well. Season with salt and pepper to taste.

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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!