

MUFFIN TRAY LEMON FISH CAKES

Serves 12

Hands-on time: 15 minutes

Hands-off time: 15 minutes

INGREDIENTS

1 tbsp butter, melted

¼ cup seasoned fine breadcrumbs

3 tbsp Brookes® Tru-Lem 100% Lemon Juice, plus extra for serving

3 tbsp chutney

2 tins (170g each) tuna shredded fish in water

1 cup cooked and mashed potatoes

1 cup grated mozzarella cheese

1 large egg

½ tsp each salt and pepper to season

Serving suggestion:

Mayonnaise

Fresh parsley

Green salad

METHOD

1. Preheat the oven to 180°C and lightly grease a muffin tray with the melted butter. Spoon 1 teaspoon of the seasoned bread crumbs into each muffin hole. Shake the tray to coat the sides and bottom of each hole with the breadcrumbs. Set aside until needed. **Chef's Tip: Coating the tray with breadcrumbs is optional, but this will ensure a crispy outer layer!*
2. In a large mixing bowl, add the Brookes® Tru-Lem 100% Lemon Juice, chutney, shredded tuna, mashed potatoes, ¾ cup of cheese, the egg, and the salt and pepper and mix until well combined. **Chef's Tip: Lemon juice is a great source of Vitamin C and will ensure to balance out the sweetness in the recipe.*
3. Spoon about 2 tablespoons of the tuna batter into each of the muffin holes, and smoothen the tops. Top each muffin with 1 teaspoon of the remaining cheese before baking for 14-15 minutes or until golden brown.
4. In the meantime, combine the extra lemon juice with 3 tablespoons of mayonnaise if using and stir until well combined. **Chef's Tip: Add chopped fresh herbs to the dipping sauce for extra flavour and colour.*
5. Allow the tuna cakes to cool for 3 minutes before removing them from the baking tray. Serve 2 tuna cakes with a sprinkling of parsley and fresh green salad alongside the lemony dipping sauce, and ENJOY!