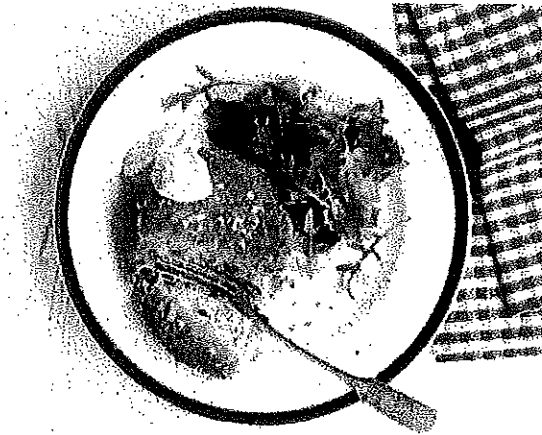


DT FOOD 16/01/2017

Tuna and sweetcorn cakes

Ingredients

- 450g potato
- 2 x 185g cans tuna
- 198g can sweetcorn
- 1 tsp dried parsley
- Lemon juice
- 2 egg
- 100g dried breadcrumb
- sunflower oil



Method

1. Cook the potatoes in boiling salted water until really tender. Drain and allow to steam-dry in a colander. Tip into a bowl, season and mash. Stir in the tuna, sweetcorn and parsley, lemon juice Shape into 8 cakes and chill until cold and firm.
2. Dip each cake into the egg, letting the excess drip off, then coat in the breadcrumbs. Chill for 15 mins.
3. Heat a little of the oil in a pan and gently fry the cakes for 2-3 mins on each side until golden. You may need to do this in batches – keep warm in a low oven.