

Tuna and Sweet corn Fishcakes

INGREDIENTS:

- ¼ Onions
- ½ tin of sweet corn
- 50g fresh breadcrumbs
- 30g mashed potatoes
- 15g Chives
- 50g flour
- 1 tsp. Paprika
- 2 Eggs
- ½ tin of tuna

DIRECTIONS:

1. Preheat the oven to 350° F, Gas mark 4, 180°C
2. Heat the paprika, onion in oil and fry for 2 minutes.
3. In a bowl crack the egg and beat, mix half the bread crumbs with the mash, tuna and chives mix well.
4. Add the sweet corn to the mixture stir gently.
5. Divide the mixture into 3 balls, squash into patties.
6. Coat in the flour, dip in a beaten egg then cover in the remaining breadcrumbs.
7. Place on a greased oven tray and bake for 15-20 minutes. Remove from oven and cool on a wire rack.



Always remember to supervise children during cooking activities

