We are Ready......

**Tuna Fishcakes**

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**Suggested portion**

**Size for recipe**

1–2 years – 110g

3–4 years – 150g

**Ingredients – Serves 5**

**Vegetable oil** 1 tablespoon

**Baking potatoes, peeled** 400g (2½ medium)

**Onion, peeled** 60g (1 small)

**Canned tuna in spring** 1¼ x 185g cans

**water, drained** (drained weight, 150g)

 **Mixed herbs, dried** 1 teaspoon

**Wholemeal bread** 50g (2 medium slices)

**Egg** 50g (1 egg)

**Method**

1. Preheat the oven to 200ºC /400ºF/gas mark 6. Grease a baking tray with half the oil.

2. Chop the potatoes and onions. Put the potatoes in a pan, cover with water and boil for

20 minutes or until soft.

3. Drain the potatoes and mash them until smooth.

4. Heat half the oil in a frying pan, add the onion and fry for 5 minutes or until soft.

5. Combine the potatoes, onions, tuna and herbs in a large bowl.

6. Make the bread into breadcrumbs and beat the egg in a bowl.

7. Roll the potato and tuna mixture into balls, coat in egg and breadcrumbs and place

on the greased baking tray. Bake in the oven for 20–30 minutes.