

We are ready.....

Tuna Fishcakes



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 water, drained	1¼ x 185g cans (drained weight, 150g)
Mixed herbs, dried	1 teaspoon
Wholemeal bread	50g (2 medium slices)
Egg	50g (1 egg)

Method

1. Preheat the oven to 200°C /400°F/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.