

## **TUNA CAKES**

Gluten Containing Dairy Free Moderate Chemical  
**Makes 10-12 large patties**

### **Ingredients:**

3 large white potatoes  
500g fresh tuna  
½ cup chopped fresh parsley  
2 shallots  
3 eggs  
½ cup plain flour  
3 cups of bread crumbs  
Salt to taste  
Rice bran oil to shallow fry



### **Method:**

Preheat the oven to 180°C

- Cut the tuna into 3cm squares and place on a sheet of baking paper on an oven tray. Bake for 20 minutes in the oven and remove and allow the fish to cool slightly
- Peel the potatoes and cut into chunks and steam or boil until soft.
  - (steaming will preserve more nutrients. Large chunks of potato will preserve more nutrients. If you are short on time, cut the potato into smaller pieces to cook faster)
- While both these are cooking prepare the other ingredients
- Chop the parsley and the shallot up finely
- Reserve one egg for the potato and fish mixture
- Break the other 2 into a shallow bowl and beat to combine
- Place the flour and breadcrumbs into separate shallow bowls
- Place the cooked tuna on a plate and with a fork gently separate or flake the fish apart
- Place the cooked potato into a large bowl and mash. Cool for 5 minutes
- Take the reserved egg and beat it in a cup to combine. Add this to the potato and mash together
- Add the flaked tuna, shallot, parsley and salt to taste
- Form the mixture into 10-12 patties
- Coat each patty in flour, then egg and finally the breadcrumbs
- Heat the oil in a large frying pan over a medium heat and cook the patties in batches for roughly 2 minutes each side or until golden brown
- Take from the pan and place on a plate with paper towel to drain the oil.

Serve immediately with salad or vegetables, or use in wraps and sandwiches or as snacks between meals