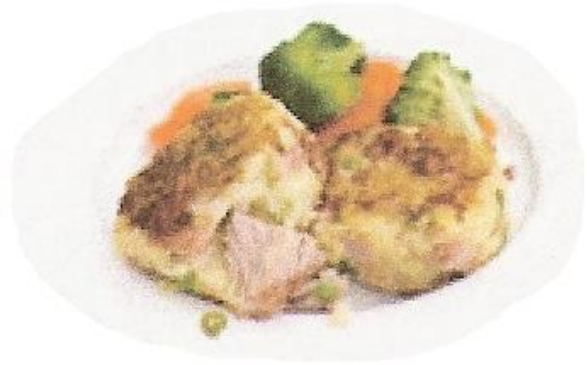


Chunky Tuna Fish Cakes

For enough to feed 6 you will need:

- 1.5 Kg Potatoes
- 6 Carrots
- 1½ Heads broccoli
- 3 Tins tuna
- 4 Spring onions
- 1 Tablespoons plain flour



1. Peel potatoes and cut into 2 cm pieces. Place in a saucepan and just cover with water. Boil until soft, approx 30 minutes.
2. Drain and mash potatoes.
3. Peel and slice carrots, wash.
4. Wash and cut florets from broccoli.
5. Place both carrots and broccoli in a large saucepan, just cover with water and boil until just soft. Approx 25 minutes.
6. Cut ends off spring onions, wash and chop finely.
7. Drain tins of tuna and place tuna in white bowl.
8. Add mashed potato and spring onions and season well. Mix together.
9. On a large plate, roll mixture into 24 balls in the flour then flatten slightly.
10. Heat the frying pan gently and fry the fish cakes until golden brown on each side.
11. Serve with carrots and broccoli.