

Spicy Tuna Fishcakes

For spicy tuna fishcakes to feed 6 you will need:

- 2 cans (213g) tins tuna in brine
- 8 spring onions
- 1 bag (650g) frozen mash
- 1 cans (325g) sweetcorn
- 2 tablespoons chopped flat-leaf parsley
- 1 teaspoons chilli powder
- Salt and pepper
- 4 tablespoons plain flour
- 2 eggs
- 1 tubs breadcrumbs
- vegetable oil to fry
- 1 can opener
- 1 sharp knife
- 1 chopping board
- 1 Measuring jug
- 1 frying pan
- 1 fish slice
- 1 white bowl
- 1 large jug



1. Trim and chop the spring onions
2. Drain the tuna and sweetcorn cans.
3. Place the defrosted potato, tuna, sweetcorn, spring onions, parsley and chilli powder in the white bowl and season well.
4. **ON A CLEAN TABLE**, sprinkle some flour and divide each bowl into 12 fishcakes
5. Beat the eggs in the jug, spread flour on one plate and breadcrumbs on another.
6. **CAREFULLY** dip each fishcake in the egg, then turn in the flour to coat. Press gently into the breadcrumbs to cover both sides, gently shake of any excess and place to one side for frying. Repeat with the remaining fishcakes.
7. Heat the oil in the frying pans and fry for 6 – 8 minutes, turning **ONCE**, until cooked and browned on both sides.
8. Serve with crusty bread and salad.