



TUNA FISH CAKES WITH SALAD

Preparation: 20 mins

Cooking: 15 mins

Serves 4, costs under £4.00

This recipe counts towards your 5 a day

INGREDIENTS

- 2 Tins Tuna In Brine (185g)
- 6 Potatoes (720g) (Medium Sized)
- 1 Cup Peas (160g) (Frozen)
- 2 Eggs
- 3 Cups Breadcrumbs (160g)
- 8 Leaves Lettuce (40g)
- 4 Tomatoes (340g)
- ½ Cucumber (180g)
- 1 Red Pepper (160g)

TIP

Spice up your fish cakes with some tasty jam, relish or add your favourite veg!

BE ALLERGY AWARE

Always check the label of each ingredient for allergy warnings.

METHOD

1. Peel the potatoes and cut them into cubes. Boil them until they're soft then mash them. Allow to cool.
2. Drain the tuna and, with the peas, add to the mash. Beat the eggs in a bowl and gradually add to the mash mixture to bind it together. Leave some egg in the bowl to coat the fish cakes.
3. Divide the mixture into 8 and shape into a ball then flatten.
4. Place breadcrumbs on a plate.
5. Coat each fish cake in the remaining egg and roll in the breadcrumbs.
6. Grill on each side for 5 minutes until golden brown and hot throughout.
7. Wash and prepare salad and serve with fishcakes.

NUTRITIONAL INFORMATION

Based on a single serving of 495g

ENERGY
430 kcal
1806 kJ

FAT
5.0g

LOW

SATURATES
1.0g

LOW

SUGAR
9.4g

LOW

SALT
1.5g

LOW

Please note: nutritional information will vary dependent on any additions/substitutions made to the recipe

The **Eatwell Guide** shows the proportions of the main food groups that form a healthy, balanced diet. Use the Eatwell Guide to help you get a balance of healthier and more sustainable food.



Eat at least 5 portions of a variety of fruit and vegetables every day

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible



Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options

Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)



Choose unsaturated oils and spreads and eat in small amounts

Drink 6-8 cups/glasses of fluid a day. Water, lower fat milk, sugar free drinks including tea and coffee all count



Eat less salt – no more than 6g a day for adults which is equivalent to 1 teaspoon

Foods and drinks high in fat, salt or sugar should be eaten less often and in small amounts

