TUNA PATTIES (SERVES 4)

INGREDIENTS

3 potatoes (medium size) (chopped)

425g can tuna (drained)

1 onion (finely chopped)

1 large egg

1/2 cup breadcrumbs

420g can peas and carrots (drained)

125g can corn kernels (drained)

1 tablespoon flour

1 tablespoon oil (not provided)

Salt & pepper to taste (not provided)

UTENSILS

Medium saucepan

Medium frying pan

Wooden spoon

Large bowl

Spatula

Potato masher

Knife

Chopping board

Tablespoon

Measuring cup or jug

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TUNA PATTIES

OPTIONS

To add extra serves of vegetables to your meal you could finely chop/grate and add the following to the mixture:

- 1 carrot
- 1 zucchini (moisture squeezed out)

Sweet potato mash can be used as an alternative to potato mash.

METHOD

1. Cook potatoes in a medium saucepan of boiling water. Boil until tender, drain and then mash with a potato masher. Set aside the mashed potato to cool for 5 to 10 minutes.
2. Drain tuna and place in a large bowl. Add chopped onion, mashed potato, egg, flour and pepper and mix well (you can use clean hands for this).
3. Roll the mixture into 12 medium sized balls, flatten out slightly and then roll in bread-crumbs.
4. Heat half the oil in frying pan on medium to high heat. Add 6 patties to the pan, and gently cook on one side (approximately 5 to 10 minutes), once golden flatten gently then turn over and cook the other side (approximately 5 minutes).
5. The cooked patties can be kept warm in the oven (low to medium heat) while cooking the remaining patties (you may have to add a little more oil to the pan before cooking next batch).

FOR MORE INFORMATION

08 8351 1136 or reception@foodbanksa.org.au