



Makes 8 patties

Tuna and Potato Patties

Ingredients

Patties:

- 4 potatoes (180g)
- 80g of canned tuna in water*, drained
- 2 tbsp of finely chopped spring onions, white part only
- 1 whole egg and 1 egg yolk
- A pinch of salt and pepper for seasoning

For coating the patties:

- 70g of wholegrain flour*
- 1 whole egg, beaten lightly

For frying the patties:

- 1 cup of healthier oil*

Method

- Skin the potatoes and boil until tender. Mash into a chunky potato mash.
- Add canned tuna, spring onions, egg yolk, whole egg, salt and pepper. Mix well and shape into patties.
- Lightly coat the patties with flour, then dip into beaten egg, followed by another coating of flour. Shake off the excess flour.
- Heat a frying pan with oil. When the oil is hot, pan-fry the patties in batches until golden and crisp.
- Remove from heat and rest cooked patties on a plate with a clean kitchen towel to absorb any excess oil. Serve warm.

Tips:

- Use tuna in water (which carries the Healthier Choice Symbol) instead of tuna in brine and oil as it's a healthier option.
- Products with the Healthier Choice Symbol are lower in fat, saturated fat and sodium. Some are also higher in dietary fibre and calcium when compared with products in similar categories.
- You may wish to replace canned tuna with 80g of cooked chicken (minced or finely chopped) or a hard-boiled egg (mashed).
- Cooked patties can also be refrigerated for a few days. To re-heat, simply fry the patties again lightly.



*Choose products with the Healthier Choice Symbol.