

Fresh for Kids® Baked potato & tuna cakes



Baked potato & tuna cakes

Preparation about 25 minutes (+ chilling time)

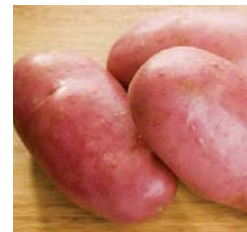
Cooking about 40 minutes

Makes 8 and Serves 4

400g Desiree potatoes, peeled and chopped
185g can tuna in oil, drained and flaked
¼ cup flat leaf parsley leaves, finely chopped
1 tsp lemon zest
2 green onions (shallots), trimmed and thinly sliced
1 egg, lightly beaten
Salt and ground black pepper
½ cup dried breadcrumbs
Olive oil spray for greasing
Mixed salad, to serve

1. Cook potatoes in a saucepan of boiling water for 10–12 minutes until tender. Drain. Mash and transfer to a medium bowl. Cover and refrigerate until cold.
2. Add tuna, parsley, lemon zest, green onions and egg to cold mashed potato. Season with salt and pepper. Mix until very well combined.
3. Form mixture into 8 patties, pressing mixture to shape. Coat patties evenly in breadcrumbs. Place on a tray, cover and refrigerate for 1 hour.
4. Preheat oven to 200°C. Grease a baking tray with oil spray. Heat until hot. Add patties and spray generously with oil spray. Cook, turning once and spraying again with oil, for 25–30 minutes or until golden. Drain on paper towel. Serve with a mixed salad.

Fresh for Kids®
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Potatoes

- A reliable source of vitamin C, the vitamin that helps protect the body against infection.
- Provide dietary fibre in the skin and the flesh.

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