

Fresh for Kids™ Potato & tuna cakes



Fresh for Kids™ Potato & tuna cakes

Pop chilled cakes into the school lunch box!

Makes: 10

Preparation: 20 minutes
(+ chilling time)

Cooking: 25 minutes



400g potatoes*, peeled and roughly chopped
1 celery stick, finely diced
1 medium carrot, grated
185g can tuna in oil, well drained

1 egg, beaten
salt and ground black pepper
1 cup dried breadcrumbs
vegetable oil, for frying

1. Boil potatoes in a medium saucepan over high heat for 15 minutes or until tender. Drain, place potatoes into a medium heat-proof bowl and mash until smooth. Cover and refrigerate for 1 hour or until cold.
2. Add celery, carrot, tuna and egg to mashed potatoes. Season with salt and pepper to taste. Mix until well combined. Form mixture into 10 patties and coat evenly in breadcrumbs.
3. Heat 1cm oil in a large non-stick frying pan over medium-high heat. Cook patties for 3–4 minutes on each side or until golden. Drain on paper towel. Serve patties with steamed beans, if desired, or pack chilled patties with a bread roll for a school lunch.

*Desiree, Sebago or Bintje potatoes are recommended

SYDNEY MARKETS™

Supplying quality fresh fruit & vegetables

Visit www.freshforkids.com.au

SYDNEY MARKETS™