

Fresh for Kids®

# Sweetcorn, potato & tuna cakes



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## Sweetcorn, potato & tuna cakes

**Preparation** about 20 minutes (+ cooling time)

**Cooking** about 30 minutes

**Serves** 4

These patties can be served with a salad for dinner, or they're great served at room temperature with sweet chilli sauce for dipping.

500g Sebago potatoes, peeled and diced

1 cob sweetcorn, husks removed

185g tuna in oil, drained and flaked

2 green onions (shallots), trimmed and thinly sliced

1 egg, lightly beaten

salt and ground black pepper

1/3 cup plain flour

Vegetable or light olive oil, for frying

1. Cook potatoes in a medium saucepan of boiling water over medium heat for 12–15 minutes until tender. Drain and return to pan. Cool for 5 minutes and roughly mash potatoes. Set aside.
2. Wrap corn in plastic wrap. Place on microwave turntable and microwave on high for 2 minutes. Cool. Slice corn kernels from cob and place in a large bowl. Add mashed potato, tuna, green onions and egg. Season with salt and pepper to taste. Stir to combine. Shape mixture into 8 patties. Place on a plate lined with baking paper. Cover and refrigerate for 30 minutes, or until ready to cook.
3. Lightly coat patties with flour. Heat 1cm oil in a large non-stick frying pan over medium heat. Cook patties, in batches, for 3–4 minutes on each side until golden. Drain on paper towel and serve.

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### Sweetcorn

- A good source of dietary fibre which keeps the intestine functioning well.
- Provides niacin (vitamin B3), essential for the release of energy from proteins, fats and carbohydrates.
- A source of the antioxidant vitamins C and E.
- Low GI as its carbohydrate is digested slowly.

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