

Tuna patties

Serves 4-6

Time to make: 20 minutes

Store in the fridge for 2-3 days or in the freezer for up to 3 months.

This is a great recipe that uses long-life and canned food from your cupboard. If you have fresh vegetables you can use them instead of canned vegetables. Try grated carrot, pumpkin or zucchini.

Ingredients

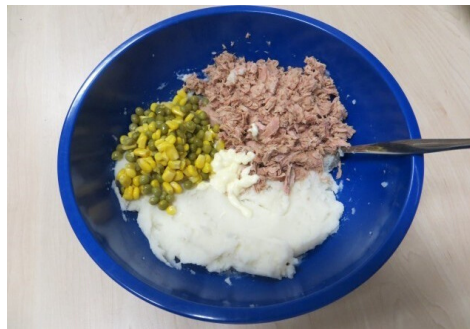
- 425g can tuna or salmon
- 350g packet instant mashed potato
- 420g canned peas and corn
- 1 cup breadcrumbs
- 1-2 teaspoons oil



Method



1. Make potato according to packet instructions.



2. Drain tuna and canned vegetables. Add to potato and mix.



3. Form patties and coat with breadcrumbs. If patties are too soft, place in the fridge for 30 minutes.



4. Heat oil in a frying pan. Fry patties on both sides, until brown.



5. Serve with salad, cooked vegetables or rice.

