

# **SWEETCORN TUNA POTATO CAKES**



**Servings:** 6 potato cakes

**Prep Time:** 40 minutes

**Cook Time:** 10 minutes

## **INGREDIENTS**

- 1 tin Tuna chunks
- 1 tin sweetcorn
- 300g mash potato (or 2 small potato, approx. 350g - peel, boil and mash
- 1/2 tsp paprika
- 2 tbsp mayonnaise
- 2 tbsp crispy onions
- 2 tbsp vegetable oil
- salt and pepper to taste

## **INSTRUCTIONS**

1. Drain the sweetcorn and the tuna.
2. Transfer the tuna into a bowl and add the mash potatoes and mix. Then add the sweetcorn, paprika and 1 tbsp of flour. Mix well.
3. Season to taste with salt and pepper. Using your hands take a ball of the mixture and make into 2cm thick patties.
4. place a pan over a medium heat with a drizzle of oil. Once hot, fry the fishcakes on one side until golden (approx 4-5 mins). Turn them over and cook on the other side until golden (Approx 4-5 mins)
5. Make up your salad and dress with salt, pepper and oil.
6. To serve drizzle over mayonnaise and crispy onions and salad on the side. Enjoy,

# COOKING LITERACY TOOLKIT

## COMMON COOKING TERMINOLOGY

### Dice

Cut into  
small cubes



### Fold

Gently mix  
ingredients  
without over-stirring



### Sauté

Cook quickly  
in a small amount  
of oil



### Preheat

Warm oven  
before placing  
food inside



### Simmer

Cook just below boiling point

### Whisk

Beat  
ingredient  
to add air



### Knead

Work dough  
with hands  
to develop  
texture

