

thai tuna fishcakes

by Julia Clasby

what you will need

For fishcakes

1 egg
 2 cans tuna in water or brine, drained
 Coriander (fresh is best)
 4 large potatoes cut into medium sized chunks
 1 small onion, finely chopped
 Dried Chilli to taste, pepper, juice and zest of 1 lime
 1 tablespoon of thai red curry paste

For the sauce

1 400g tin of chopped tomatoes,
 Fresh ginger root, soy sauce, garlic, pepper, coriander

Serves 4

Preparation time = 25mins

Cooking time = 10mins

**Cost per serving =
 less than £1.50**

get cooking

Sauce - Heat tomatoes, 1 inch cube of ginger, garlic, 2 teaspoons soy sauce, pepper. Bring to the boil and then simmer on low heat until the sauce thickens. Remove from heat and add chopped coriander and a squeeze of lime. Remove the ginger before serving.

Fishcakes - Cook potatoes in boiling water until just soft, drain and mash.

Put mashed potato, tuna, coriander, onion, chilli, curry paste into a large bowl and mix well. Crack egg into a dish and beat well. Using floured hands make fishcakes out of the mixture and place on a grill pan.

Brush each fishcake with the beaten egg. Grill on medium heat until golden brown, then turn over and grill the other side until golden brown too. Serve with a green salad or the Walrus Salad.

alternatives

Use tinned salmon instead of tuna.

top tips

Tuna in brine or water, not oil, is best for this recipe. The sauce is fat free and can be used in other recipes. Try adding it to pasta and top with a little grated cheese for a quick snack.



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