

Date.....

Thai Fish Cakes

Ingredients

1 tin tuna
200g potatoes
1 tablespoon milk
15g marg or butter
Salt/pepper

Coating

1 egg
Breadcrumbs made from 3 slices of bread OR 3 slices of bread made into breadcrumbs at school in the food processor.

Optional extras

Lemon grass
1 lime or 1 lemon
Fresh herbs/parsley
1 red sweet chilli



Remember a container to
take the fish cakes home in

METHOD

1. Peel potatoes, dice and boil until soft in salted water.
2. Open the can of tuna and drain off the oil or brine.
3. If adding any optional extras, prepare them.....chop chilli finely, grate the zest off the lime or lemon, finely chop the lemon grass and/or chop the fresh herbs. Squeeze the juice out of the lime or lemon.
4. When the potatoes are soft, strain and mash until very smooth. Add the margarine or butter.
5. Add the tuna to the potato, along with any optional ingredients you wish to use. Add salt and pepper.
6. Blend well until all ingredients are evenly mixed.
7. Divide into 4 equal amounts and use a mould (usually a cutter) to shape them.
8. Crack an egg in a jug and beat with a fork.
9. Make the breadcrumbs and place on a plate.
10. Brush the egg on the top half of your fish cake. Place down on the breadcrumbs. Brush egg on the other side of the fish cake and cover this side with breadcrumbs.

You will fry, grill or bake your fish cakes at home before you eat them. This will make them of a better standard than if you cook them at school and reheat.