

Ingredients (serves 4)

- 475g potatoes, peeled and cut into quarters
- 2 x 185g tinned tuna (in water)
- 2 spring onions
- Black pepper
- 1 teaspoon dried mixed herbs
- 6 tablespoons flour (plain or raised)
- 2 eggs mixed well with 2 tablespoons of water using a fork
- 100g fresh brown or white breadcrumbs
- 1 tablespoon of sunflower oil for frying

Method

1. Add potatoes to a large saucepan (half filled with cold water), over a medium heat and bring to the boil.
2. Cook for 15 to 20 minutes, until soft
3. Use a sieve to drain water from potatoes, put the potatoes back into the saucepan and return to the heat for 2 minutes until the potatoes are dry. Mash and set to the side
4. Take three plates: on the first put the flour, on the second put the eggs and on the third put the breadcrumbs
5. When potatoes are cool, add tuna, mixed herbs and pepper to the saucepan, and mix well. Take a handful of the mixture and shape into a circle. Flatten the mixture, and place on a lightly greased baking tray. Repeat so you have 4 fishcakes.
6. Coat them lightly with the flour first, then the egg and then breadcrumbs
7. Fry gently in oil for 3 minutes each side and serve hot

Tips & Hints

- You may want to coat the fishcake with the egg and the breadcrumbs a second time for a thicker crust
- Replace the tuna with salmon
- Can also be served with roasted vegetables or salad
- Can be placed on a lightly greased baking tray and put under a preheated grill for approximately 15 minutes, turning frequently for an extra healthy version