

FISH Cakes



FISH cakes

Ingredients

2 cans tuna (180g drained)
 1/2 onion (finely chopped)
 1 tbsp dried herbs (any kind)
 2 slices toast
 2 eggs
 salt & pepper

Method

Blend your toast into breadcrumbs and mix half of this into a bowl with all the other ingredients.

Heat a lightly greased pan to medium-high heat, split the mix into 5 and form it into a burger shape with your hands. Coat each fishcake with the remaining breadcrumbs. Season again (optional) and place onto the pan. Cook for about 2 min each side or until golden brown and enjoy!

Serving suggestions: burger bun, avocado, tzatziki (pg.19), sweet potato fries (pg.13)

5
MAKES

10
MINUTES

NUTRITION
/ FISHCAKE ▶

165
KCAL

10g
C

21g
P

3g
F