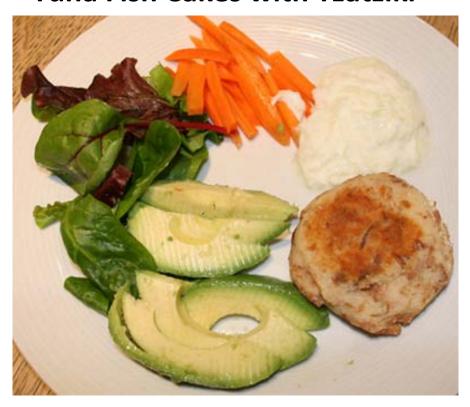
Tuna Fish Cakes with Tzatziki



Serves 3 Prep 15mins + chilling Cook 12 mins Can be frozen

Ingredients

2 large potatoes (about 550g cut into small chunks) 2 x 120g cans of tuna in spring water

1 lemon, 1/2 juiced, 1/2 cut into wedges

1/2 small packet of chives, snipped

1 egg, beaten

4 spring onions, chopped

4 tbsp plain flour

2 tbsp olive oil

For the Tzatziki

350g/12oz Greek yoghurt 1/2 a large cucumber, grated 1 or 2 tsp lemon juice

or mayonnaise

- 1. Put the potatoes in a saucepan, cover in cold, water and bring to the boil. Once boiling, reduce to a simmer and cook for about 8 minutes until tender. Drain and leave to steam dry or 2 mins.
- 2. Mash the potatoes in a large bowl. Add the tuna and combine, breaking it up with a fork, then add lemon juice and chives. Season and add the egg and use your hands to bring everything together. Divide the mixture into 6 and shape into fish cakes. Chill for 10 mins to firm up.
- 3. Meanwhile, mix the spring onions with the mayonnaise and chill until ready to serve or make tzatziki
- 4. Peel and de-seed the cucumber before grating. Squeeze the grated cucumber hard to get all the excess liquid out. Leave to drain. .Combine the yoghurt, cucumber, lemon juice.
- 5. Cook the fish cakes in batches. Heat half the oil in a large non-stick pan and lightly dust the fish cakes with flour then put them in the frying pan for 3-4 mins each side until golden and warmed through, then repeat with the rest of the fish cakes.