

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.