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nutritional information

Nutrient	Per Serve	Per 100g
Energy	1318.00kj	489.60kj
Protein	32.70g	12.10g
Total Fat	7.60g	2.80g
Saturated Fat	1.90g	0.70g
Carbohydrate	29.70g	9.90g
Fibre	3.10g	1.20g
Sodium	219.20mg	81.40mg

Nutritional analyses are estimated calculations based 'Food Works™' computer software

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Shop 5/580 Main North Road, Gepps Cross. S.A. 5085
Ph. 8262 7345 Email: easyfeast@yahoo.com.au
www.communityfoodsa.com.au

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feast
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PLU470

Tuna Fish Cakes

This meal pack includes:

Dry Ingredients:

100g breadcrumbs
425g can tuna in
springwater or brine
pepper

Fresh Ingredients:

2 eggs
500g potato
1 brown onion

Preparation time: 20 minutes Cooking time: 10 minutes

Serves 4



Developed by Community Foodies in conjunction with
Community Food SA

tuna fish cakes

time required

Preparation time: 20 minutes

Cooking time: 10 minutes

ingredients

- 500g potato
- 1 brown onion
- 2 eggs
- 425g can tuna in spring water or brine
- 100g breadcrumbs
- Pepper
- Canola spray oil or 2 teaspoons canola oil (not provided)

tips and ideas

- Add in extra vegies if you wish eg. frozen corn or peas.
- If the onion in your pack is very large, use only $\frac{1}{4}$ to $\frac{1}{2}$ depending on taste
- Serve with vegetables or salad.

cooking instructions

1. Peel and cut potatoes into quarters.
2. Cook potatoes either by boiling (15-20 minutes) or using the microwave (4-5 minutes) until soft and easy to mash.
3. Once cooked, mash the potatoes well.
4. Peel and grate, or finely dice the onion.
5. Beat eggs in a small bowl.
6. Drain the tuna and place into a large bowl.
7. Add onion, mashed potato, egg and pepper to the tuna and mix well (you can use clean hands for this).
8. Using clean hands, roll the mixture into 12 medium sized balls and then roll into breadcrumbs.
9. Spray a frying pan with oil (or use 2 teaspoons oil) and heat.
10. Add 4-6 balls to the pan, flatten out and gently cook on one side.
11. Once golden brown, lightly spray the fish cakes and turn over to cook the other side.
12. Once cooked, place on a tray and keep warm in the oven whilst cooking the rest.