

Herb and Potato Fish Cakes



Photo credit: Recipe produced in conjunction with Nutrition Australia Qld.

For a video on how to make the recipe, visit:

<https://youtu.be/pE4HfiH5O58>

Serves 4

Ingredients

800g potatoes (approx. 4), peeled & chopped
1 garlic clove, crushed
425g can Tuna in Springwater, drained and flaked (280g once drained)
4 spring onions, finely sliced
1 tablespoon lemon zest
2 tablespoons lemon juice
½ cup parsley leaves, finely chopped
Cracked black pepper
¾ cup plain Greek yoghurt
2 tablespoon mint leaves, finely chopped
½ cup plain flour
1 large egg
1 cup panko breadcrumbs
2 ½ tablespoons pure vegetable oil
To serve: 4 cups mixed lettuce leaves and 2 medium tomatoes, in wedges, to serve

Method

1. Place prepared potatoes in a large saucepan and cover with water. Bring to boil, then reduce heat and simmer for 15 – 20 minutes or until tender.
2. Drain potatoes when cooked and return to the saucepan over a low heat to remove excess water. Mash and transfer to a large bowl. Stir through the garlic. Cover and refrigerate.
3. Once cooled, add tuna, spring onions, lemon zest and juice, and 1/3 cup of parsley. Season with pepper. Mix well.
4. Divide and shape the mixture into 12 fish cakes. Cover and refrigerate for 30 minutes until firm.
5. Meanwhile make the mint yoghurt - combine yoghurt and mint leaves in a small bowl. Cover and refrigerate until serving.
6. When fish cakes are firm, remove from fridge. To set up for crumbing, place flour in a bowl. Crack the egg into another bowl and whisk. Place breadcrumbs and remaining parsley in another bowl. To crumb, dip fish cakes in the flour, then egg, then the breadcrumbs.
7. Cook the fish cakes in two batches. Heat half of the oil in a large non-stick frypan over a medium heat. Cook the first batch for 4 - 5 minutes on each side or until golden brown and heated through. Repeat the process.
8. To serve, divide the lettuce, tomato wedges and fish cakes and serve with the mint yoghurt.

For nutrition information, view the recipe online at:

<https://hw.qld.gov.au/blog/boost-your-recipes/herb-and-potato-fish-cakes/>

For more great recipes, see

<https://hw.qld.gov.au/blog/boost-your-recipes/>.