

Tuna Fishcakes and Carrot salad

Ingredients- Per child

- 60g mashed potato
- 40gs tuna
- 1 tsp Dijon mustard
- A Handful of chives
- 1 tsp chopped parsley

Ingredients- Per Table

- 90g plain flour
- 150g breadcrumbs
- 2 eggs

Method

1. Weigh potato and place in bowl
2. Weigh tuna and place in bowl with potato.
3. Add mustard to bowl with potato and tuna.
4. Chop chives and parsley and place in bowl.
5. Stir until mixed.
6. lightly dust you hands with flour and shape the mixture into two cakes.

(Ingredients per table)

7. Weigh out breadcrumbs then place on a plate.
8. Weigh out the flour and place on to a plate.
9. Crack the eggs into a bowl and beat them with a fork,
10. Pour the eggs onto a plate.
11. Take turns to coat each fishcake in flour
12. Place fishcake onto plate with egg and coat .
13. Finish by placing the fishcake onto the plate with breadcrumbs and
Covering with the crumbs.
14. Place small amount of oil in the frying pan and heat on hob
using a medium heat .
15. Place 4 of the fishcakes into the frying pan and shallow fry for
3 mins or until golden on each side.