



Traffic light category: **Green**

Serves: **12**

Ingredients

- 500g potatoes, diced into 2 cm cubes
- 415g can tuna or salmon in spring water, drained
- 125g can corn kernels, drained
- 1 egg, lightly whisked
- 2 spring onion, finely slices
- 1 small red capsicum, diced
- 1¼ cups fresh or packaged breadcrumbs
- 1 teaspoon lemon rind
- Pinch black pepper
- Olive Oil spray

Method

1. Cook potatoes in boiling water (or microwave) until tender, drain and mash lightly. Place into a medium sized bowl.
2. Add drained tuna/salmon, corn, egg, spring onions, capsicum, ¼ cup of breadcrumbs and lemon rind
3. Season with pepper and mix until well combined. Refrigerate for 30 minutes
4. Form mixture into 12 patties (approximately ⅓ cup) and coat lightly in remaining breadcrumbs
5. Spray lightly with olive oil spray and bake in oven for 10 minutes. You can also cook these on a sandwich press or grill plate.

Serve these patties with a side salad or in a wholegrain burger with salad.

Patties can be prepared and frozen uncooked between sheets of grease proof paper ready for later use.

Recipe adapted with permission from the Western Australian School Canteen Association Inc.

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