



Traffic light category: **Green** Serves: 12

Ingredients

- 425g can tuna in springwater, drained
- 125g can corn kernels, drained
- 1 celery stick, finely chopped
- 4 spring onions, chopped
- 1 egg
- 1 cup breadcrumbs
- ¼ cup low fat mayonnaise
- 1 tablespoon lemon juice
- 2 tablespoons fresh parsley, chopped
- Small amount of oil or cooking spray

Method

1. Combine all ingredients except oil in a large bowl
2. Roll mixture into balls or patties
3. Heat oil in a large frypan, add patties a few at a time, cook until brown and heated through
4. Serve with salad.

Note: opt for a mayonnaise with reduced salt/fat content

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

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