

RECREATING RECIPES



Spicy Tuna Fish Cakes

Quick and easy tuna fish cakes filled with flavour and a touch of spice

Instructions



1. Boil the potatoes with a pinch of salt, once they have become slightly soft, drain and mash and leave aside in a mixing bowl



2. Heat the oil over medium to high heat, fry the onions and after a few minutes and once it has turned golden add the garlic and ginger paste. Stir in the garlic and ginger paste and cook for a few minutes



Ingredients

- 1 Canned Tuna (112g)
- 1 tsp Garlic Paste
- 1 tsp Ginger Paste
- Salt to Taste
- 1 Red Chilli, Finely Chopped
- 1 Small Bunch of Coriander, Finely Chopped
- 1 Medium Potato (peeled and cut into 8th)
- 1 Small Onion, Finely Chopped
- 2 tsp Coriander Powder
- 1 tsp Cumin Powder
- ½ tsp Garam Masala
- 1 tsp Vegetable Oil

Makes 7



3. Add the powdered spices (if it becomes too dry add tbsp water) add the tuna and mix with the spices

4. Add the tuna to the mixing bowl, followed by the coriander and chilli, and give everything a good mix



5. Roll into patties and leave in the fridge for 30 minutes for the fish cakes to firm up. After 30 minutes of being in the fridge, fry the fish cakes in 2 tbsp oil, turning carefully. Once the fish cakes have developed colour on both sides, they are ready to be served



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