

MAKE THEIR MEALS COUNT



Fish cakes with charred corn & zucchini salad

Ingredients serves 4-6

- 4 large potatoes, peeled and diced
- 415g can tuna or salmon, drained
- 2 tablespoons chopped parsley
- 1 egg
- 2 cups breadcrumbs
- 3 tablespoons olive oil
- 2 cobs of corn, cut in half
- 1 zucchini, peeled into thin ribbons
- 1 cup cherry tomatoes, halved

Method

1. Boil potatoes until cooked, then mash.
2. Add flaked tuna or salmon, parsley and egg.
3. Mix until well combined.
4. Shape into patties and roll in breadcrumbs to coat.
5. Place a pan on medium heat and add two tablespoons of olive oil.
6. Cook the patties in oil on medium heat for 2–3 minutes or until golden and then turn over and cook for a further 2–3 minutes. Add additional oil if required.
7. Remove patties from the pan and add cobs of corn, cooking until golden.
8. Combine zucchini and tomatoes and add a tablespoon of olive oil.
9. Serve fish cakes with cob of corn and zucchini salad.

Note: Fish cakes can be cooked in a moderate oven instead of pan-frying.