



Tuna Fish Cakes

INGREDIENTS- Makes 4

500g potatoes or red skinned kumara
3 spring onions, trimmed and sliced
180g can Greenseas® Tuna in spring water, drained
1/4 cup Wattie's® Tomato Sauce
1 egg, beaten
pepper to season
flour for dusting your hands
1 tablespoon vegetable oil

METHOD

1. Wash and peel potatoes or kumara. Cut into chunks and place in a saucepan with water. Bring to the boil then reduce heat to medium and cook until vegetables are tender. Drain and mash.
2. Add spring onions, drained Greenseas® Tuna, Wattie's® Tomato Sauce and beaten egg to the mashed potato or kumara. Season with pepper and mix well.
3. To prevent the mixture sticking to your hands dust your hands with flour and mould the mixture into 4 even-sized balls then flatten into patties.
4. Place a non-stick frying pan on a medium to high heat and add the oil. When oil is hot add the tuna cakes and cook for 5-7 minutes or until hot and golden, turning only once.

Serve with fresh green salad or steamed vegetables.

TIP - Cover the saucepan - the potatoes or kumara will cook faster and you'll save energy.

RECIPE VARIATIONS

- To make salmon fish cakes use canned salmon to replace the tuna.
- If you like herbs, add fresh chopped parsley, basil, coriander or thyme to the mixture before cooking.
- Replace the Wattie's® Tomato Sauce with Wattie's® Sweet Chilli Sauce for a spicy variation.





UNDERSTANDING INGREDIENTS

Tuna

Tuna contains Omega-3 fat which is linked to lots of health benefits.

When you use canned fish there are some choices to make:

- Canned Tuna comes in different flavours such as Lime and cracked pepper, Lemon pepper, Sun-dried tomato and onion, Smoked, Sweet chilli and Spicy chilli.
- You can also choose sandwich tuna (very finely processed) or chunky tuna (bigger flaky pieces).
- Tuna also comes in oil or spring water (or brine). The water and brine versions contain less fat and are best for cooking.
- Using a flavoured canned fish may add new flavours to your recipe so choose carefully.
- Canned fish will add a little salt to the recipe so you probably won't need to add any extra.

FOOD CHEMISTRY

Binding ingredients

How egg binds ingredients:

- Many recipes use an egg to bind ingredients.
- Egg is a good binding agent because it holds other ingredients together and stops the mixture from being crumbly.
- During cooking, the protein in the egg white and yolk coagulates (sets), and this provides structure to the cooked fish cakes, stopping them from crumbling.
- Egg white protein coagulates at 65°C and egg yolk protein coagulates at 70°C. That's why you can get a boiled or poached egg with a hard white and a runny yolk.
- Eggs also provide texture and taste.



Hens eggs come in different colours, patterns, sizes and even shapes!

For information on eggs visit www.eggs.org.nz

How different potatoes cook.

These potatoes have been cooked in exactly the same way, but notice their different textures.



further information and recipes at
vegetables.co.nz

COOKING TECHNIQUES

How to mash potato

- Firstly, start by using a type of potato that is good for mashing. These are sometimes labelled “floury” potatoes.
- Good mashing varieties include:
 - Ilam Hardy, Red Rascal and Agria
- First peel the potatoes and then chop into even-sized chunks and boil until tender all the way through when spiked with a fork or knife.
- To get light, fluffy mashed potatoes, try not to over-mix them when mashing.
 - Over-mixing damages the potato cells, causing them to lose water and the mash becomes tough. Never use a food processor to mash potatoes.
 - Use a potato masher to break up the large chunks, then remove smaller chunks by mixing as briefly as possible with a fork.

NUTRITION FACTS

Protein

Fish is part of the “protein foods” food group. This includes lean meat, chicken, seafood, eggs, cooked dried beans, peas, lentils and nuts.

- We should all eat at least one serving from this group each day.
 Examples of one serving are:
 - One fillet of fish (or $\frac{3}{4}$ cup of flaked, canned fish)
 - Two slices of cooked meat or chicken
 - $\frac{3}{4}$ cup cooked beans (such as baked beans)
 - 1 egg
 - 2 chicken drumsticks
 - $\frac{3}{4}$ cup shellfish meat (without the shells)
- Protein is really important because our bodies need it to grow and repair all types of tissue – such as skin, hair, teeth and bones.
- Apart from water, the second most abundant part of your body is protein.
- Regularly eating fish as a source of protein is linked to a number of health benefits. That is why New Zealanders are recommended to eat fish at least once a week.