



CRUNCHY SWEETCORN FISH CAKES

This is a great dish for children to prepare. They will however need help with the stovetop.

- 1 can tuna
- 1 can sweetcorn
- 60ml breadcrumbs
- 200ml couscous
- 1 large onion, grated
- 2 eggs, lightly beaten
- 125ml good quality mayonnaise
- 50ml fresh coriander or parsley, chopped
- salt/pepper
- oil for cooking

Mash the tuna and stir in the breadcrumbs, onion and half the egg.

Form four large patties or a few smaller ones.

Dip into remaining egg and then couscous.

Heat a little oil in a pan and fry until golden brown. Drain on absorbant paper.

Mix the mayonnaise with herbs and serve a spoonful on top of each fish cake.

Serve with mashed or baked potato and a salad.



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