

## TUNA FISHCAKES

### Ingredients

2 medium potatoes, peeled and quartered  
large knob of unsalted butter  
1½ tablespoon mayonnaise  
1 unwaxed lemon, finely grated zest only  
3 spring onions, thinly sliced  
150g tin of dolphin friendly tuna, drained  
2 slices bread or some ready-made breadcrumbs  
1 egg, lightly beaten  
plain flour  
pinch salt and freshly ground black pepper



1. Preheat the oven to 200C/180C Fan/Gas 6.
2. Put the potatoes in a saucepan, cover with cold water and bring to the boil.
3. Reduce the heat to a simmer and cook for 15–20 minutes, or until tender.
4. Drain the potatoes and return them to the pan with the butter, mayonnaise, lemon zest, spring onions, salt and a generous amount of black pepper. Mash together until smooth. Stir in the tuna and set aside.
5. Put the bread in a food processor and pulse until it crumbs. Put the egg, flour and breadcrumbs into three separate shallow bowls. (stale bread is ideal as you can crumble this in your hands with using a machine)
6. Shape the tuna mixture into six fishcakes. Coat each first in flour, then in egg, then in breadcrumbs. (You can use one hand for the flour and breadcrumbs and another for the egg, or divvy up the jobs, to keep little fingers clean.)
7. Place on a baking tray and bake for 15 minutes, or until the breadcrumbs are just golden. Serve.

