

Tuna Patties



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Traffic light category: Green

Serves: 12 (75g per serve)

Ingredients

- 425g can tuna in springwater, drained
- 125g can corn kernels, drained
- 1 celery stick, finely chopped
- 4 spring onions, chopped
- 1 egg
- 1 cup breadcrumbs
- ¼ cup sweet chilli sauce
- 1 tablespoon lemon juice
- 2 tablespoons fresh parsley, chopped
- Small amount of oil or cooking spray



Directions

1. Combine all ingredients except oil in a large bowl
2. Roll mixture into balls or patties
3. Heat oil in a large frypan, add patties a few at a time, cook until brown and heated through
4. Serve with salad.

