

SPICY FISH CAKES



Serves 4-6



30 minutes

These spicy fish cakes make a great starter or main for any iftar. Quick and easy to make, they're packed full of protein and seasoned with fresh coriander – a calming herb full of fibre and iron which reduces anxiety and can help you get a great night's sleep. Crispy and tasty, with a bit of a kick, you'll definitely want second helpings!

Method:

1. Drain the tuna, removing all liquid, and mix with the onions and coriander before sprinkling with salt.
2. Add one egg and continue mixing, until the mixture becomes doughy.
3. Make your cake patties by taking a small handful of the mixture, forming it into a ball and then flattening into a patty shape. Place each patty onto a plate or tray lined with wax paper.
4. Break the remaining eggs into a small bowl and beat.
5. Next, heat the olive oil in a non-stick frying pan on medium heat.
6. Once the oil is hot, dip the patties into the egg one by one and gently place them into the pan. Cook until nicely browned for around 3-4 minutes each side.
7. Finally, take the patties out of the pan and place on kitchen towel to drain off any excess oil. Serve and enjoy!

Islam - Fundraising
Manager



Ingredients

- 3 cans tuna (160g)
- 3 large potatoes
- Handful of coriander leaves
- 1 small onion
- 4 green chillies
- 4 eggs
- ½ teaspoon salt
- 200ml olive oil