

# HEINZ

RECIPE

## Tuna Fishcakes with Heinz Salad Cream Lemon & Black Pepper

### Salad Cream

with  
lemon &  
black pepper



**Serves:**

4



**Preparation Time:**

15 minutes



**Cook Time:**

25-30 minutes

### Ingredients:

#### For the fishcakes:

- 650g packet Aunt Bessie's Frozen Homestyle Mashed Potato
- 4 tbsp **Heinz Salad Cream Lemon & Black Pepper**
- 15g flat leaf parsley, chopped
- 6 spring onions, finely chopped
- 30g gherkins, finely chopped
- 2 x 185g cans tuna in spring water, drained very well
- 2 tbsp plain flour
- 3 tbsp rapeseed oil

#### For the lemon pepper yoghurt:

- 2 tbsp **Heinz Salad Cream Lemon & Black Pepper**
- 200g natural yoghurt
- 2 finely chopped spring onions

### Method:

Cook the Aunt Bessie's Frozen Homestyle Mashed Potato as per pack instructions and set aside to cool.

Meanwhile to make the fish cakes mix together Heinz Salad Cream Lemon & Black Pepper with the parsley, spring onions, gherkins and the tuna.

Mix in the cooled mashed potato and form the mixture into 8 evenly sized fishcakes. Dust lightly with the flour, and chill for 30 minutes so the mixture can firm up a little as they are delicate.

Gently fry the fishcakes in the oil for 8-10 minutes in two batches, turning halfway until golden brown.

Meanwhile make the lemon pepper yoghurt by mixing Heinz Salad Cream Lemon & Black Pepper with natural yoghurt and spring onions.

Serve the fishcakes with the lemon pepper yoghurt and a green salad.

*Tip: Mash 450g boiled, peeled floury potatoes, such as Maris Pipers or King Edwards, and use as an alternative to Aunt Bessie's Frozen Homestyle Mashed Potato.*