

Fish Cakes

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In a large bowl, combine

- 2 Large cans of tuna in olive oil, drained (320 g total)
- 2 Large cans of tuna in water, drained (320 g total)
- 3/4 C Whole wheat crackers, crushed
- 1/4 C Mayonnaise
- 1/4 C Plain Greek Yoghurt
- 2 t Dijon mustard
- Zest of 1 lemon
- 2 T Lemon juice
- 1/2 Clove garlic, grated
- 2 Eggs
- 1 C Grated cheddar
- 1 Spring onion, finely chopped
- 1 Stick celery, finely chopped

Mix until well combined. Chill to firm up in the fridge for 30 minutes.

Pre-heat a non-stick pan over medium-high heat (the pan should sizzle when you add the cakes). Spoon the tuna mix into the pan using an ice cream scoop. Gently flatten into patties with a spatula. Fry and flip once until both sides are golden brown. Turn heat down if browning too quickly.

Notes:

- Makes 12
- If using a non-stick or ceramic pan, oil will not be needed. Otherwise, use 1 T oil.
- Serve with lemon wedges and Greek yoghurt.
- Canned salmon can be substituted.
- Mixture can be made a day in advance of frying.
- Cooked cakes freeze well.