

# Fishcake Flounders



Make an underwater world with this fun fish dish. Use green beans and slices of lemon to turn these fishcakes into funny flounders with deep-sea plants.

## You will need

Chopping board  
Potato peeler  
Sharp knife  
Saucepan  
Fork  
Small bowl  
3 plates  
Potato masher  
Wooden spoon  
Frying pan

## Ingredients

340g potatoes  
Small bunch of parsley  
400g tin of tuna  
2 eggs  
55g plain flour  
55g fresh breadcrumbs  
Small knob of butter  
Salt and pepper  
Vegetable oil for frying

## What to do

- 1) Peel the potatoes, cut them into large chunks and place in a saucepan of salted water. Boil for 12 for 18 minutes until tender.
- 2) Meanwhile, wash and dry the parsley, cut off the stalks and chop the rest finely. Drain off any liquid from the tuna fish.
- 3) Beat the eggs with a fork in a small bowl. Put the eggs, flour and breadcrumbs onto 3 separate plates.
- 4) When the potatoes have cooked, drain off the water and mash them. Stir in the butter and season with salt and pepper.
- 5) Add the tuna fish and the chopped parsley to the mashed potatoes, then stir the mixture together really well.
- 6) Split the tuna mixture into 4 or 8 portions. Roll each one into a ball with your hands, then flatten it into a round fishcake.
- 7) Turn each fishcake in the flour to coat it completely, then dip it in the beaten egg and finally in the breadcrumbs.
- 8) Ask an adult to fry the fishcakes on both sides until crisp and golden brown.