



Tuna & sweetcorn fishcakes with homemade oven chips

Chips

- 1 medium potato per person
 - Oil (vegetable, rapeseed or olive)
1. Wash the potatoes and cut them into chunky chips or wedges
 2. Sprinkle a little oil over them and put them into the oven 200c/fan 180c/gas 6 for 30 minutes turning them every 10 minutes. For something a little different sprinkle over a seasoning of your choice eg cajun spice, fajita spice, chill etc or just have them with a little salt and pepper.

Fishcakes (makes 4)

- 450g potato , quartered
 - 2 tbsp mayonnaise, plus extra to serve
 - 2 x 185g cans tuna, drained
 - 198g can sweetcorn, drained
 - 1 tsp dried, frozen or fresh parsley
 - 100g plain flour
 - 2 eggs, beaten
 - 100g dried breadcrumbs
 - 2 tbsp oil for frying
 - salad and your favourite dressing to serve
1. Cook the potatoes in boiling salted water until really tender. Drain and allow to steam-dry in a colander. Tip into a bowl, season and mash. Stir in the mayonnaise, tuna, sweetcorn and chives or parsley. Shape into 4 cakes and chill until cold and firm.
 2. Dip each cake into the flour, then egg and then the breadcrumbs.
 3. Heat the oil in a frying pan and gently fry the cakes for 2-3 mins on each side until golden. Keep them warm in a low oven until you're ready to eat.
 4. Serve with homemade oven chips, salad and mayonnaise or salad dressing.