

# Cook Along Tuna & Sweetcorn Fishcakes

## ingredients

500g sweet potato fries  
400g packet mashed potato  
2x110g no drain tuna  
120g drained tinned sweetcorn  
2 tsp dried parsley  
½ tsp garlic granules  
Finely grated zest of 1 lemon  
2-3 tbsp plain flour  
1 large egg  
75g dried breadcrumbs  
Olive oil spray

## method

1. Tip the sweet potato into an airfryer drawer and cook at 180C for 10mins
2. To make your fishcakes, put the mash potato and add tuna, sweetcorn, dried parsley, garlic granules and lemon zest. Mix all together
3. Put the flour on a plate, beat the egg into a bowl and put the breadcrumbs on another plate
4. One at a time, shape each cake then coat in flour, dip in egg and finally coat in breadcrumbs. Repeat for all fishcakes
5. Add the fishcakes to the airfryer and cook for 10-15mins at 200C. Spray some olive oil over the cakes. Cook the sweet potato for another further 5 minutes.
6. Flip the fishcakes then spray olive oil over the fishcakes and cook for another 5 minutes at 200C



Screenshot and keep the recipe

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