



Spicy Tuna Fish Cakes

Jacob · 28/09/2024



Prep Time

55 mins

Difficult

Medium

Servings

4

Description

These lightly seared tuna fish cakes are a tasty delight so who needs crab and a deep fryer Tuna works great and theres less fat with panfrying Serve with hot sauce or mayonnaise

Ingredients

- - 1 large potato
- peeled and cubed - 4 (3 ounce) cans tuna
- drained - ¼ cup chopped onion - 1 egg - 1 tablespoon Dijon mustard - 1 tablespoon dry bread crumbs
- or as needed - 1 ½ teaspoons garlic powder - 1 teaspoon Italian seasoning - ¼ teaspoon cayenne pepper - salt and ground black pepper to taste - 1 tablespoon olive oil

Instructions

1. Place potato into a small pot and cover with salted water. Bring to a boil over high heat
2. then reduce the heat to medium-low
3. cover
4. and simmer until tender
5. about 20 minutes. Drain and allow to steam dry in the pot for 1 to 2 minutes. Transfer to a large bowl and mash with a potato masher or fork. Add tuna
6. onion
7. egg
8. mustard
9. bread crumbs
10. garlic powder
11. Italian seasoning
12. cayenne pepper
13. salt
14. and pepper and mix until well blended. Divide tuna mixture into eight equal portions and shape into patties. Heat olive oil in a skillet over medium heat. Add tuna patties and pan-fry until browned and crisp
15. about 3 minutes per side. Rock_lobster