



# Potato Tuna Cakes

**1 hour**

Hands on

**Family**

Portion(s)

**2**

Difficulty



## Method

Thanks to our member ΒΑΣΩ ΦΑΛΕΤΑ for this recipe!

- Cut the potatoes into thick pieces and boil in salted water for ½ hour.
- Add the bay leaf 10 minutes before they are done.
- Drain the potatoes, put them in a bowl and mash them with a fork.
- Drain all the oil from the tuna and add them to the bowl. Add the finely chopped onions, parsley, mint, thyme, salt pepper, ouzo, breadcrumbs and flour. Mix a little and then add the 2 eggs and the crushed star anise.
- Mix all of the ingredients until they are completely combined and the mixture comes together. Refrigerate for ½ an hour.
- Pour the sunflower oil into a wide pan (1 cm deep). Heat it until it gets very hot (180\* C - 350\* F).
- Pick up spoonfuls of the mixture and shape into small balls. Lightly dredge in flour and fry until golden brown.

## Ingredients

- 4 medium potatoes, peeled
- grated zest of 1 lemon
- 1 medium onion, sautéed
- 250 g tuna in oil, strained
- 1 bay leaf
- 1 tablespoon mint, finely chopped
- 1 tablespoon parsley, finely chopped
- ½ cup ouzo
- 2 eggs
- 2 tablespoons breadcrumbs
- 2 tablespoons all-purpose flour
- salt
- pepper
- sunflower oil and some flour, for frying
- 1 teaspoon star anise, crushed with a mortar and pestle
- 5-6 fresh sprigs of thyme, finely chopped

## Διατροφικός πίνακας

Nutrition information per portion

198 Calories (kcal)	4.1 Total Fat (g)	0.84 Saturated Fat (g)	26.0 Total Carbs (g)
10%	6%	4%	10%
2.1 Sugars (g)	12.6 Protein (g)	2.9 Fibre (g)	0.39 Sodium (g)
2%	25%	12%	0%