



Sweet Potato Fishcakes

Recipe by Kate Caire of Carnation Kitchen



Serves 4



15 minutes

INGREDIENTS

- ¼ cup of finely chopped dill, parsley & chives
- 1 tsp of garlic powder
- 425g can of Tuna in Brine
- 2 medium Sweet Potato (450-500gm)
- ¼ Cup Bread crumbs
- 1 egg
- Salt and pepper for seasoning
- *To make a Thai fish cake, add coriander instead of dill and 1 tbsp of red curry paste



Afternoons

with Joel Rheinberger
on 936AM and the ABC listen app





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DIRECTIONS

- 1) Peel and roughly chop the sweet potato then cook in a saucepan of salted boiling water for 7-8 minutes or until tender. Drain and transfer to a large bowl.
- 2) Use a potato masher or fork to mash the sweet potato coarsely. Then add the drained tuna, herbs, eggs and breadcrumbs, and stir until well combined. Season with salt and pepper.
- 3) Divide the tuna mixture into 8 equal portions. Using damp hands to shape portions into patties.
- 4) Heat oil in a large non-stick frying pan over medium-high heat. Add the patties and cook for 3-4 minutes each side or until golden brown and warmed through.
- 5) Serve with your choice of side - salad, hand cut chips or a buttery bread roll.



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