



CREATE HEALTH

Health and Nutrition  
Coaching

# Tuna and Sweetcorn Fish Cakes

*A simple, low-fat, omega-3 packed versatile option  
for lunch or dinner*



prep: 40 mins



4 fish cakes



£0.83p per fish cake

## Ingredients

- 400g potato - mashed
- 2 tins tuna in springwater - drained
- 2tbsp mayo
- 1 small tin sweetcorn
- 2 eggs whisked in a bowl
- 100g breadcrumbs in a separate bowl\*
- Parsely - either handful of chopped fresh or 1tsp dried
- Salt and pepper to taste

\*you can make own from bread thats a few days old (grate by hand or use a food processor) or use shop brought

## Instructions

- Boil potatoes then mash with milk and butter to own preference
- In a bowl mix mashed potato with tuna, sweetcorn, mayo and parsley
- Shape into burger shaped patties
- Dip into the egg mixture, let excess drip off
- Coat in the breadcrumbs - turning, piling breadcrumbs on top, and pressing lightly with fingers to ensure a good covering
- Fry in a little oil in a hot pan, or cook in an airfryer until golden and hot throughout



## Health Benefits

Having tinned tuna in your cupboard is a great way to have an affordable, healthy protein source available.

- Although not an oily fish, and actually being low in fat, tuna is a great source of **Omega –3** fatty acids – which most people don't get enough of and which are really important for our health.
- Omega-3s are needed in every cell in our body but are especially vital for our brains to function normally and for eye health.
- They are also important for your heart, blood vessels, lungs and the immune and hormone systems to function properly.

Canned tuna is also a great source of:

- **B-vitamins**; especially niacin (B3), which supports the nervous system, and B12, needed to make DNA, and new red blood cells
- **Calcium**; which supports healthy bones and muscle contractions
- **Magnesium**; to help nerves and muscles (including your heart) to work properly
- **Vitamin D**; to also support the immune system and brain function.





## Mix and Match

- You can swap out the tuna for tinned salmon or mackerel, or cooked fresh fish.
- Can also swap out the sweetcorn for any veggies you have on hand – peas, grated carrot/ courgette (squeeze out the moisture), would work well
- Add some dried chilli flakes if you fancy a bit of a kick
- Serve with a salad or veggies, or with a side dip such as a spicy salsa or tomato

## Good to Know

- Can be frozen
- Can be eaten hot or cold; reheat in microwave or airfryer

 [Info@Create-Health.co.uk](mailto:Info@Create-Health.co.uk)

 [@createhealthcoaching](https://www.facebook.com/createhealthcoaching)

 [@createhealth\\_uk](https://www.instagram.com/createhealth_uk)