

Sesame tuna fishcakes with salsa & side salad

(Serves 1)

Ingredients

For the fishcakes

- 250g Tuna steak, fresh
- 10g Ginger, fresh, finely chopped
- 50g Spring onions, sliced
- 1 Chilli, red, fresh, deseeded & finely chopped
- 1/2 tsp Oil, Sesame
- 1/2 Lime, zest & juice
- 25g Sesame seeds
- 1 tbsp Oil, Rapeseed (Canola)

For the salsa

- 10g Coriander, fresh, chopped
- 125g Tomatoes, cherry, finely chopped
- 25g Onion, red, finely chopped
- 1/2 tbsp Soy Sauce, dark, Amoy reduced salt
- 1/2 Lime, zest & juice
- 1/8 tsp Black pepper

For the salad

- 40g Watercress, spinach & rocket salad leaves
- 2 inch piece Cucumber, diced
- 40g Peppers, baby, sweet, diced
- 2 Tomatoes, medium, cut into wedges

Preparation

For the fishcakes

1. Chop tuna into small pieces. Put in a bowl with ginger, spring onions, chilli & sesame oil.
2. Remove zest & juice from 1/2 of the lime & add.
3. Mix together & shape mixture into 4 fishcakes.
4. Coat each fishcake with sesame seeds.
5. Heat oil in a non-stick large frying pan. Add fishcakes.
6. Shake pan gently to avoid sticking. Fry over a medium heat for approx 2 minutes each side.

For the salsa

1. Mix Coriander, tomatoes, onion & soy sauce in a bowl.
2. Remove zest & juice from remaining 1/2 of the lime & add.
3. Add black pepper & mix thoroughly.
4. Put salsa to one side until fishcakes cooked.

For the salad

1. Put salad leaves on a plate.
2. Scatter over the cucumber, baby sweet peppers & tomatoes.
3. Serve fishcakes with salad & salsa.

TOP TIP: Make salsa first. When serving, remove a bit of the liquid from the salsa & drizzle over the salad.

NUTRITIONAL VALUES

PER SERVING

Calories 353

Total Sugars 10.4g

Total Fats 16.69g

Saturated Fats 2.01g

Salt 0.7g

Fruit & Veg 3