



## TUNA PATTIES

by 3219 Eat at Encompass Community Services

Encompass Community Services is a not-for-profit organisation providing disability support and Community Services to people of all abilities in the Geelong community.

Earlier this year, **Encompass received a \$6,000 grant from the Give Where You Live Foundation to support their Homestart Material Aid program**, to provide families and individuals experiencing immediate crisis with basic household goods.

3219 Eat is a proud partner of the Community Choice program, helping to bring the dignity of choice to people accessing food relief.

**encompass**  
community services



# TUNA PATTIES

## Recipe provided by Encompass Community Services

Fish cakes are a family favourite recipe using a combination of pantry staples and bright, fresh ingredients to create a delicious side dish or main course.

Regional variations on the fish cake can be found across the globe, using different combinations of herbs, spices, vegetables to complement the local fish varieties available.

### INGREDIENTS

#### Patties

300g potatoes  
30g butter  
1 lemon  
1/2 red onion, diced  
Tin of tuna  
1 cup parmesan  
1/2 bunch of spring onions  
1/2 parsley

#### Crumbing

Plain flour (can use Gluten free)  
Panko bread crumbs (or crushed cornflakes)  
3 eggs  
50ml milk

- 1 Peel, wash, chop, put in saucepan cover with water add a 1/2 teaspoon salt and bring to boil cook until soft the potato soft when tested with a fork  
Drain well and set aside
- 2 While still warm add 30grms butter the zest of 1 lemon the juice of 1/2 lemon 1/2 diced red onion and mash the mix should be a firm mash not too wet. Then add a tin of tuna, drained well, 1 cup parmesan, 1/2 bunch spring onions sliced into fine rings. Add parsley and season to taste. Place in fridge to cool.
- 3 Once cooled roll into small balls about the size of a small mandarin Return to fridge to set.
- 4 In three separate bowls put plain flour, panko bread crumbs and your eggs, whisked together with milk.
- 5 Remove tuna balls from fridge. Roll in flour, then dip in egg/milk mix, then roll in crumbs ensuring to coat well.  
  
Put back in fridge to set.
- 6 Now you can deep fry these oven bake or air fry whatever you think is best  
  
They only need to cook for about 10 min as the mix is already cooked

**Serve with chips salad a wedge of lemon and a dollop of mayo or tartare. Enjoy!**



Scan to donate

Thank you for helping make sure nobody in our community goes hungry



### APPEAL PARTNERS

goopDIGITAL

THE  
MULBERRY  
GROUP

the  
Gordon

VIVA  
EnergyAustralia

K  
ROCK 95.5

bay 93.9

Geelong  
Advertiser