GIVE WHERE YOU LIVE FOUNDATION





TUNA PATTIES

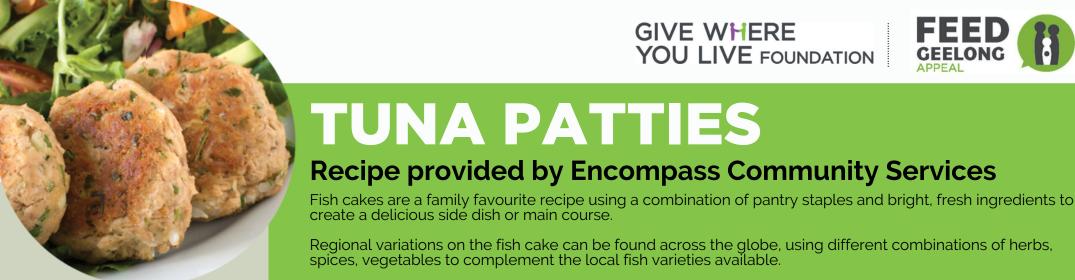
by 3219 Eat at Encompass Community Services

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.





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 Peal, 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

- 4 In three separate bowls put plain flour, panko bread crumbs and and your eggs, whisked together with milk.
- 2 While still warm add 30grms butter the zest of 1 lemon the juice of $\frac{1}{2}$ lemon $\frac{1}{2}$ 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, $\frac{1}{2}$ bunch spring onions sliced into fine rings. Add parsley and season to taste. Place in fridge to cool.

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G 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.

3 Once cooled roll into small balls about the size of a small mandarin Return to fridge to set.

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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!





Geelong Vertiser

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



APPEAL PARTNERS







