



— Pan-Fried Potato Patties —

Ingredients

Patty

- 2 small potatoes (180g)
- 1 egg yolk, raw
- 3 tbsp corn kernel
- 80g tuna canned in water, drained
- 2 tbsp spring onions, head only, finely chopped
- 1 whole egg, beaten lightly
- A dash of pepper
- A pinch of salt
- 2 tbsp – ½ cup plain flour (for coating)
- 5 tbsp – 1 cup soybean oil (for frying) depending on the size of your frying pan

Food art

- 1 nori seaweed sheet (for the eyes)
- A handful of fresh lettuce
- 2 cherry tomatoes (for the nose)

Nutritional Information

Energy

Cost of Total servings

Cost Per serving

Total servings



1125 kcal

\$4.10

\$1.40

Per serving



375 kcal

Method

- Boil potatoes in water. Use a knife or toothpick to check for doneness. When cooked, remove the skin and mash.
- Add the egg yolk, corn kernel, canned tuna, spring onions, a dash of pepper and a pinch of salt.
- Mix well and shape into patties, 2 small and 1 big patty respectively. Mold it together so it forms a teddy bear head with ears.
- Gently dip the patty in the egg wash then coat it with flour. Shake off any excess flour.
- Heat non-stick pan, add oil and pan fry till golden and crispy. Gently flip once browned.
- Remove and place on kitchen paper towels to absorb excess oil.

Assembly

- Place cut out nori sheet for eyes, cherry tomato for nose, and place the lettuce at the bottom for a collar.

