



CHLOË BOWLER
complete wellbeing

TUNA & CHIVE FISHCAKE



Ingredients (Serves 2)

GF

- 200g cooked tuna or tinned tuna
- 1 Medium White Potato
- 2 Spring Onions
- Handful of Chives
- 1 Egg
- 1 tbsp Brown Rice Flour

Method

1. Chop up the potato and boil until soft to mash.
2. Flake the tuna into the mashed potato and mix in the whisked egg.
3. Chop up the spring onions and chives and add to the mix.
4. Mould into cake shape and dust in flour.
5. Place in the oven at 200°C for 20 minutes until nicely golden.

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