

# 吞拿魚薯仔餅

## Tuna Fishcake



預備時間：5分鐘

烹調時間：90分鐘

份量：6

Preparation time: 5 minutes

Cooking time: 90 minutes

Serves: 6



### 材料 Ingredients

鹽	3克	黑胡椒碎	3克	青豆	50克
薯仔	600克	韭菜	30克	罐頭水浸吞拿魚	360克
檸檬	1個	麵粉	1湯匙	蛋	1隻
橄欖油	1湯匙				
Salt	3 g	Black pepper	3 g	Green peas	50 g
Potato	600 g	Fresh chives	30 g	Canned tuna in water	360 g
Lemon	1 each	Plain flour	1 tbsp	Egg	1 each
Olive oil	1 tbsp				



### 營養資料 Nutrition Information

營養素 Nutrient	熱量 (千卡) Energy (kcal)	碳水化合物 (克) Carbohydrates (g)	蛋白質 (克) Protein (g)	脂肪 (克) Fat (g)
每100克 Per 100 g	101	10	9	3
每份186克 Per serve 186 g	189	19	17	5

\* 蛋白質來源 / 少油 / 含鐵質

\* Source of protein / Less oil / Contains iron



## 做法 Method

1. 如用新鮮青豆，剝殼後放入碗，備用。
  2. 把薯仔去皮後切成一厘米粒狀。
  3. 將平底深煮鍋裝半滿水和少許鹽。
  4. 用大火煮沸。
  5. 當水煮沸時，小心加入薯仔待再煮沸，將火轉至中火煨燉10分鐘或煮至熟透。在最後2分鐘時加入青豆。
  6. 煮熟透後，瀝乾薯仔和青豆，剩涼。
  7. 韭菜切碎及加入碗中。
  8. 瀝乾吞拿魚，然後加入碗中，用叉子弄碎。
  9. 洗淨檸檬，用刨絲器刨檸檬皮後連同麵粉一起加入碗中。
  10. 打蛋及加少許黑胡椒碎到碗中，拌勻。
  11. 將薯仔和青豆搗碎加入碗中拌勻。
  12. 撒上少許麵粉在清潔的碟上。
  13. 把混合物分成8份用手搓成魚餅，大約2厘米厚。
  14. 將魚餅放在已撒上麵粉碟上，在魚餅撒上手上的麵粉粉末。
  15. 燒熱平底煎鍋，加1湯匙橄欖油。
  16. 小心地將魚餅放上煎鍋，每面煮三至四分鐘或至金黃香脆，即成。
  17. 檸檬切成檸角，在魚餅撒上檸檬汁一同進食。
1. If using fresh peas, pod them into a bowl, then leave to one side.
  2. Peel the potatoes, and then chop into 1cm chunks.
  3. Half-fill a large saucepan with cold water and add a pinch of salt.
  4. Place the saucepan on a high heat and bring to boil.
  5. Add the potatoes to the boiling water and bring the water back to the boil, then turn the heat down to medium and simmer gently for around 10 minutes, or until cooked through, add the peas for the last 2 minutes.
  6. Drain the potatoes and peas, let them cool down.
  7. Finely chop the chives and add them to a mixing bowl.
  8. Drain the tuna. Add the tuna to the chives, use a fork to flake it into small chunks.
  9. Wash the lemon thoroughly, grate the lemon zest, stir in the lemon zest and the flour.
  10. Crack in the egg and season with a tiny pinch of pepper, mix well.
  11. Once the potatoes and peas cool down, mash them well. Add the mash to the mixture, then mix together until well combined.
  12. Sprinkle a little flour over a clean work surface and onto a large plate.
  13. Divide the mixture into 8 and use your hands to pat and shape each ball into a fishcake, roughly 2cm thick.
  14. Place them onto the floured plate, dust your hands and the top of each fish cake lightly with flour as you go.
  15. Place a large frying pan on a medium heat and add 1 tablespoon of olive oil.
  16. Carefully place the fishcakes into the pan and cook for 3 to 4 minutes on each side, or until crisp and golden.
  17. Cut the zested lemon into wedges. Serve the fishcakes with lemon wedges for squeezing over.

贴士  
Tips

### 營養贴士 Nutrition Tips

罐裝吞拿魚易於存放，方便攜帶，容易處理，可加入意粉、沙律或三文治中，增加整體的蛋白質含量。

Canned tuna is easy to store, carry and handle. It can be added to pasta, salad or sandwiches to increase the overall protein content.



### 備註 Remarks

此食品含有蛋，對蛋敏感人士應避免進食。

This food contains egg. People who are allergic to egg should avoid this dish.