

## TUNA ROSTI

HEALTHY  
PICK



Serves 2 (makes 4)



Prep Time 10 minutes



Cook Time 10 minutes



### INGREDIENTS

- 1 medium potato, peeled and grated (to yield 1 cup)
- 1 Tbsp chopped fresh parsley
- 1 Tbsp chopped chives
- 1 tsp grated lemon zest
- 1 egg, beaten
- 95 g can **Greenseas Sundried Tomato and Onion Tuna**

### METHOD

1. Place the grated potato in a clean tea towel and squeeze out the excess liquid from the potato. Place in a mixing bowl.
2. Add parsley, chives, lemon zest and beaten egg. Mix well. Carefully mix in **Greenseas Tuna with Sundried Tomato and Onion**.
3. Heat a little oil in a non-stick frying pan. Divide the tuna mixture into 4 and spoon

into the pan. Cook over medium to low heat for approximately 5 minutes on each side until potato is cooked and rosti golden. Serve with a crisp green salad, garnished with a lemon wedge.

## **TIPS**

- Make sure that you squeeze out as much of the potato liquid as you can to avoid the rosti being too wet
- Serve cold as a lunchbox or picnic suggestion