



# WHITE STAR

## TUNA, CORN & MAIZE MEAL FISH CAKES

**Serves:** 4

**Preparation time:** 20 minutes + chilling time

**Cooking time:** 40 minutes

**CATEGORY:** Mains



### Ingredients

- 500ml water
- 5ml salt
- 250ml White Star Super Maize Meal
- 2 spring onion, thinly sliced
- 2 x tin tuna, drained and liquid discarded
- 1 x 400g tin corn kernels, drained and liquid discarded
- 15g parsley, roughly chopped
- 1 egg
- 80g breadcrumbs
- 30ml mayonnaise
- Salt & pepper
- 30ml canola oil

### Method

1. Start with making the maize meal by bring the water and salt to the boil. Slowly pour in the White Star Super Maize Meal, whisking continuously.
2. Turn down the heat and allow it to simmer for 20-30 minutes stirring occasionally, until cooked through and stiff. Set aside to cool.
3. Once the maize meal is cool, mix it together with the spring onion, tuna, corn, parsley, egg, breadcrumbs and mayonnaise. Season to taste with salt and pepper.
4. Press the mix into patty-shapes and leave to set in the fridge for 15 minutes.
5. Heat the oil in a pan, cooking the fish cakes until golden on both sides. Serve with mayonnaise or sweet chilli sauce.