

# TUNA MEATBALLS



## Food Fact:-

Sweet potatoes are a great source of beta-carotene, beneficial for eyesight, skin problems and cancer protection.

Tuna is a good source of essential oils.

**Preparation time**      **20 MINS**

Serves 4-6

**Cooking time**        **5 MINS**



## Ingredients

1. Mix the potato, drained tuna, and sweetcorn in a bowl this can be done with hands or spoon (it's easier for children to use their hands!).

2. Take a small amount and roll into golf size balls (or smaller/bigger to suit) Dip into flour then egg and roll in bread crumbs until covered.

3. Heat 2 tablespoons of olive oil in shallow frying pan and start lightly frying tuna meatballs - move around the pan until the breadcrumbs are golden brown (this will warm them through as ingredients already cooked).

Place on kitchen towel to pat off oil.

Serve with pasta twists and basic tomato sauce (see our recipe)

2 large sweet potatoes, boiled, mashed and cooled

2x185g tins of tuna ( in water or oil) drained

5 tbsp tinned sweetcorn

1 tsp parsley, fresh or dried

4 slices wholemeal bread made into breadcrumbs

Flour and egg for dipping

