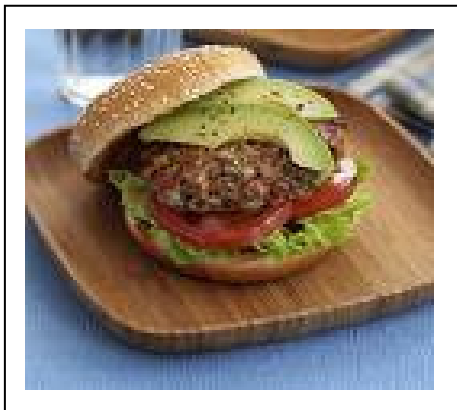


1. Mash the tuna with its oil in a bowl. Add the mashed potatoes, onion, Worcestershire sauce, lemon zest, parsley and black pepper. Mix well..
2. Shape mixture into 8 flat, round burgers. Dust lightly all over with flour. Brush lightly with oil.
3. Grill for 6 minutes on each side until golden brown, turning once.
4. Serve each burger in a wholemeal bun with salad.

200g can tuna in oil
3 medium potatoes boiled and mashed
1 onion, finely chopped
1 tablespoon Worcestershire sauce
1 teaspoon finely grated lemon zest
1 tablespoon chopped fresh parsley
Freshly ground black pepper, to taste
Plain flour, for dusting
Sunflower oil, for brushing

MAIN COURSE***'What's Cooking!' Recipe Card*****TUNA BURGERS****Food Fact:-**

Tinned tuna is an excellent source of protein and a good way of getting essential oils. If buying tuna in oil make sure it is in sunflower or olive oil.

Preparation time 10 MINS

Cooking time 15 MINS

SERVES 4-6