

OVERALL time: 35 mins

Tuna Fish Cakes with Pea & Feta Couscous Salad

These easy tuna fish cakes are golden and crisp on the outside, tender on the inside, and paired with a fresh pea and feta couscous salad for a light yet satisfying meal that's perfect for a quick weeknight dinner or relaxed lunch.

Metric

Number of servings : 4

ingredients

For the dressing

- 30 ml Olive oil
- 60 ml Lemon Juice
- 60 ml Fresh mint, roughly chopped
- 15 ml **Cape Herb and Spice Greek Style Lemon & Herb Rub**

For the salad

- 100 g Couscous
- 15 ml **Cape Herb and Spice Greek Style Lemon & Herb Rub**
- 185 ml Boiling water
- 250 g Peas, cooked
- 100 g Feta cheese, crumbled

For the fish cakes

- 3 Tin of tuna in brine
- 90 ml Self raising flour
- 4 Spring onions, sliced
- 30 ml Parsley chopped
- 15 ml **Cape Herb and Spice Portuguese Peri Peri Rub**
- 1 Large egg
- 125 g Fat free cottage cheese
- 1 Zest of lemon

For serving

- Fresh lemon wedges

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 15 mins

For the dressing:

Combine all ingredients together and mix well.

Set aside until serving.

For the salad:

Add the couscous to a heatproof bowl.

Season with Cape Herb & Spice Greek Lemon & Herb Rub.

Pour over the boiling water and stir.

Cover with a lid or plate and let stand for 5 minutes.

Fluff with a fork and allow to cool.

Combine couscous, peas and feta cheese.

Just before serving - pour the dressing over the couscous salad and toss to mix thoroughly.

For the fishcakes:

Drain tuna very very well.

Squeeze every last possible drop of brine out of the tuna.

Place in a large mixing bowl and add the rest of the ingredients.

Season well with Cape Herb & Spice Portuguese Peri Peri Rub.

Heat a drizzle of olive oil in a frying pan.

Using a quarter cup measure, scoop the tuna mixture into the cup and then dollop it into the pan, using a spatula to help you keep a nice neat cake shape.

Cook until nicely golden brown and then carefully flip and cook the second side.

Repeat until the mixture is finished - you should land up with 8 nicely sized fishcakes.

Serve fishcakes alongside the couscous salad with fresh lemon wedges on the side and enjoy!

and recipe developer. In her spare time she – rather predictably – cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

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Recipe by Lizet Hartley Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she - rather predictably - cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

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