

# Rice noodle fritters with tuna and sweetcorn

Makes 12 fritters



## Ingredients (allergens in bold)

- 100g rice noodle nests
- 2 tbsp rapeseed or sunflower oil
- 1 medium sized onion – finely chopped
- 198g can sweetcorn - drained
- 160g can **tuna** - drained
- 2 medium size free-range **eggs**
- 3 tbsp plain **flour**
- 3 tbsp **mayonnaise**
- Salt and pepper

## Method

1. Place the rice noodles in a large bowl and cover with boiling water. Soak for 10 minutes then drain well, roughly chop them up and set aside.
2. Heat 1tbsp oil in a frying pan and add the chopped onions and sweetcorn. Cook on a medium heat for 5 minutes the onion has softened and everything is lightly browned. Remove from the pan and cool slightly. Wipe the pan out.
3. Place the drained tuna, eggs, flour and mayonnaise in a clean bowl, then add the cooled onions and sweetcorn and chopped noodles. Mix well. Season with salt and pepper.
4. Heat the remaining oil in the frying pan. Spoon large dollops of the noodle mixture into the pan and spread out slightly with the back of a spoon. Cook for about 4 minutes then flip over and cook for a further 3-4 minutes
5. Repeat the cooking until all the mixture is used up. Serve warm.



## Equipment

- large bowl
- kettle
- chopping board
- sharp knife
- sieve or colander
- tablespoon
- frying pan
- fish slice or spatula

## Recipe notes and tips

- Serve them as they are or with a dipping sauce or relish of your choice.
- Use different canned or frozen or fresh ingredients for the main flavours e.g. black beans, prawns, courgettes, peas, mushrooms, peppers, ham or left-over cooked chicken.
- Go easy on the salt! Add a few chilli flakes or some fresh coriander for extra flavour.