

TUNA AND VEGETABLE RISsoles

400g potatoes, peeled and diced

1 cup zucchini, grated

1 cup carrot, grated

1 onion, finely chopped

425g can tuna, drained

½ cup parmesan cheese, grated

2/3 cup wholemeal flour

2 eggs

4 tablespoons olive oil



Steam potatoes until tender. Drain. Mash potatoes with 1 tablespoon of oil until smooth.

Transfer to a large bowl and stir in onion and tuna.

Add zucchini, carrot, parmesan cheese and wholemeal flour. Mix until all ingredients are combined.

Beat the eggs with a fork and add to mixture.

Heat oil in large non-stick frying pan over medium heat. Spoon tablespoons of the mixture into frying pan and cook until golden brown on both sides.

Source: Better Health Channel