

Tuna croquetas



3 people

10 min preparation time

15 min cooking time

All ingredients

2 tins of 80g la belle-iloise "Flavours of the Garrigue" flaked Tuna
1 jar of 95g la belle-iloise Chilli and Garlic Rouille Sauce
1 small potato for purée (100g)
2 pinches of chopped basil
1 egg
6 tablespoons breadcrumbs (30g)
2 small tomatoes (150g)
1 spring onion (50g)
2 small handfuls of salad (100g)
2 pinches salt
4 tablespoons salad dressing (20g)
Oil for deep frying

Steps

- 1- Peel the potato, cut into quarters and cook in salted water
- 2- Mash with a fork
- 3- Add the flaked tuna and basil
- 4- Make 6 small patties one centimetre thick
- 5- Bread the patties: dip in the beaten egg and then the breadcrumbs; repeat for an extra crispy coating
- 6- Deep fry the patties in oil at 180° until golden brown
- 7- Serve hot with a lightly dressed salad, the sliced tomato and onion, and the rouille sauce in a ramekin