

# Title: Crispy Sri Lankan 'Short Eats' Tuna Cutlets

## Picture

Please attach a scan of your collage separately or leave the original at the school office.

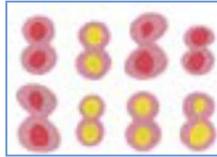
Size: A4

Orientation: Landscape

DPI: minimum 300

File type: jpeg

Example:



Prepared by

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Dish origin

Sri Lanka

Note

Snacks like these are called 'short eats' in Sri Lanka. They're great for a snack or lunch. This recipe has a secret ingredient that makes it extra yummy - ketchup!

## Method

1. Boil potatoes in their skins; leave to cool, peel, mash and set aside.
2. While the potatoes are cooking, heat 4 tsps oil in a deep frying pan. Saute the onions, garlic, ginger and green chillies until the onions are soft and turning golden.
3. Add the tuna, tomato ketchup and chilli powder (if using). Stir well and cook for 2 minutes.
4. Take off the heat, stir in the pepper, cardomom, salt and lime juice.
5. Finally add in the mashed potatoes and mix well.
6. Use your hands to make 12 balls the size of golf balls.
7. Spread the breadcrumbs on a plate. Cover each ball in the beaten egg, then coat with breadcrumbs. Put the breadcrumb coated tuna cutlets on a plate ready to fry.
8. Bring the extra oil to boil in a deep saucepan then reduce to medium. Use a slotted spoon to carefully slide the tuna cutlets into the oil about 3 at a time depending on the size of your pan. Deep fry for about 3 minutes, gently turning them as they cook.
9. Once golden brown, remove from the oil with a slotted spoon and lie on kitchen towel to absorb excess oil.
10. Serve hot with chilli sauce or even more ketchup!

## Ingredients

200g potatoes  
4 tsp oil plus 500 ml extra for deep frying  
1 large onion, chopped  
4 garlic cloves, minced  
5cm ginger, minced  
2 green chillies, deseeded and chopped (optional)  
225g canned tuna drained,  
2 tbsps tomato ketchup  
1tsp chilli powder (optional)  
1/2 tsp ground cardamom  
1 tsp ground black pepper  
juice of 1/2 lime  
200g breadcrumbs  
1 egg beaten