



*A Live Simply Vegetarian Recipe
From Pam*

TUNA RICE CAKES

Serves 2 generously.

Ingredients

75g/3oz basmati rice
200g/7oz can tuna in brine
4 spring onions finely chopped
50g/2oz cashew nuts
1tbsp light soy sauce
1 egg beaten
1 tbsp sunflower oil
200g/7oz can chopped tomatoes
Seasoning
Mixed salad leaves to serve

Cook the rice in boiling salted water for ten minutes until just tender; rinse and drain well. Place in a bowl with the tuna, most of the spring onions, cashew nuts, soy sauce and egg and mix well until combined.

Mould the mixture into 8 small patties. Heat the oil in a large frying pan and fry the patties for 3-4 minutes on each side until golden.

Mix the tomatoes with the rest of the onions and season. Heat gently and serve with the rice cakes and salad.