

# Tuna & Sweet Potato Patties



 Serves: 4    Prep: 15 minutes    Cook: 40 minutes    [Stack Cup](#)

Get the kids involved with this quick and easy low FODMAP meal. The kids will love stirring the bowl and rolling these delicious patties into balls, just remember to supervise your kids around knives and hot pans. These patties can be served for breakfast, lunch or dinner. They can even be made smaller for a perfect finger food option at the next entertaining event.

Metric   Imperial

## ingredients

Sweet potato, peeled and diced

250 g

Jap pumpkin, peeled and diced

250 g

1 tin tuna/salmon, drained	425 g
1 egg, lightly beaten	58 g
1 cup gluten-free bread crumbs	125 g
½ cup reduced-fat grated tasty cheese	50 g
1 large carrot, grated	75 g
2 spring onions, green tops only, finely sliced	10 g
2 Tbsp Plain gluten-free flour	18 g
2 Tbsp sesame seeds	40 g
Olive oil spray	

## Method

### Step 1

Steam/boil sweet potato and pumpkin until just tender. Transfer to a large bowl and mash roughly with a fork.

### Step 2

Preheat oven to 180°C/356°F. Line large baking tray with baking paper and set aside.

#### Step 3

On a large plate, combine gluten-free flour and sesame seeds, set aside.

#### Step 4

Add drained tuna, egg, breadcrumbs, cheese, carrot and chives to mashed sweet potato and pumpkin mixture. Stir with a wooden spoon to roughly combine.

#### Step 5

Shape into 12 equal patties approx. 1.5cm thick. Lightly coat each patty in flour and sesame seed mixture.

#### Step 6

Heat a large, non-stick frying pan over medium heat. Spray both sides of each patty with olive oil. Fry patties in frying pan in batches (4-5 minutes each side) until golden brown.

#### Step 7

Place browned patties on baking tray and bake until heated through (approx. 10-15 minutes).

#### Step 8

Serve patties with low FODMAP vegetables or salad and see below for a great dipping sauce.

---

## Hints

- Testing your tolerance to mannitol? Increase the amount of sweet potato used to 500g and omit Jap pumpkin for a moderate (amber) serve of mannitol.
- Mix together  $\frac{1}{3}$  cup whole egg mayonnaise, 1 tsp wholegrain mustard and 1 tsp lemon juice for a delicious sauce to serve with your patties.
- Cooked patties can be frozen for a quick and convenient lunch option that is perfect to take to work. Simply reheat patties in the microwave for 1-2 minutes until heated through and serve with a low FODMAP salad.
- Entertaining? Miniature versions of these tuna patties make great finger food and are kid friendly!



