Tuna, Corn and Potato Patties with Lemon Yogurt

8 patties about 3 1/2 inches/9 cm across, plus lemon yogurt; 2 patties and one-quarter sauce per serving | Active 40 min | Cook 40 min | Total 95 min

Ingredients

- 1 lb 5 oz floury potatoes, peeled and cut into 1-inch/2.5 cm chunks (600 g edible weight)
- Water for boiling the potatoes
- 7 oz canned light tuna in water, well drained (200 g drained weight)
- 2/3 cup frozen sweet corn (100 g frozen starting weight), fully cooked according to its packet, cooled and patted dry
- 1 large egg, without shell (50 g)
- 1/2 cup plain panko breadcrumbs (50 g)
- 3 spring onions, trimmed and finely sliced (30 g)
- 2 teaspoons Dijon mustard (10 g)
- 1/3 teaspoon fine salt (2 g)
- 1/4 teaspoon ground black pepper (0.5 g)
- 2 tablespoons olive oil (30 ml/27 g), divided
- 3/4 cup plus 1 tablespoon plain low-fat Greek yogurt, 2% milk fat (200 g)
- 1 tablespoon fresh lemon juice (15 ml/15 g)
- 1 teaspoon finely grated lemon zest (2 g)

Set out

Medium saucepan and colander, Potato masher, Shallow cooling dish, Nonstick frying pan with a usable flat base at least 9 1/2 inches/24 cm across for four patties at a time, or at least 8 inches/20 cm across for two, Broad spatula, Instant-read food thermometer, Small saucepan or vented microwave-safe bowl as required by corn packet, Tray or shallow container with a cover and refrigerator space for waiting raw patties, Clean plate for cooked patties

Allergens

Fish, Egg, Wheat, Mustard, Milk. Check labels and substitutions.

Make it

1. Put potatoes in the saucepan, cover with cold water and bring to a boil. Reduce to a steady simmer and cook for 12–15 minutes until a knife slips through. Drain thoroughly, return to the warm pan over low heat for 1 minute, then remove from the heat and mash without liquid.

2. Spread mash in a clean shallow dish, no deeper than 1 inch/2.5 cm. Refrigerate for 20 minutes, until cool enough to handle and no longer steaming. Meanwhile mix yogurt, lemon juice and zest in a bowl and refrigerate; fully cook the measured corn according to its packet, drain, cool and dry it, and prepare the onion.

3. Mix cooled mash with tuna, corn, egg, panko, spring onions, mustard, salt and pepper. Divide the whole mixture into 8 equal piles, then shape each into a patty about 3 1/2 inches/9 cm across and 3/4 inch/2 cm thick. The portions will be roughly 130 g each, depending on the potatoes after draining. Keep every portion

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the same thickness and put waiting raw patties on a covered tray in the refrigerator.

4. Before heating, choose two batches of four only if the pan has a usable flat base at least 9 1/2 inches/24 cm across and the patties fit with gaps. Otherwise use four batches of two in a pan with a usable base at least 8 inches/20 cm across. Divide the same measured 30 ml oil equally among the chosen two or four batches. Heat the first oil share over medium heat. Cook the first batch for 5–6 minutes on the first side without moving, then turn carefully and cook 5–6 minutes more, until golden and the center of every patty reaches at least 160°F/71°C. Lower the heat and extend cooking if the crust colors before the center is ready.

5. Transfer the cooked batch to a clean plate. Add the next oil share and repeat for all remaining batches, keeping waiting raw patties covered in the refrigerator until their turn. Serve 2 patties with one-quarter of the cold lemon yogurt.

Estimated nutrition per serving

Calories: 350 kcal | Protein: 21.7 g | Carbohydrate: 45.0 g | Fat: 9.8 g | Fiber: 3.3 g. One of 4 servings. Batch yield: 8 patties about 3 1/2 inches/9 cm across, plus lemon yogurt; 2 patties and one-quarter sauce per serving. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Use the cooked batch deliberately

After the first meal, pack the remaining patties in pairs. A cooked pair is easier to warm after training than raw patties are to shape and fry. Add a separate side according to your appetite; the base estimate covers only the patties and measured yogurt sauce.

A useful detail

Use plain panko without cheese or seasoning for this base recipe. All measured frying oil is included in the nutrition calculation even if a little remains in the pan. The 95-minute total includes cooking the potatoes, the 20-minute refrigerator pause, shaping and two sequential 10–12-minute frying batches. With four batches of two, allow about 120 minutes in total. A longer corn-packet preparation or extra heating to reach the center temperature needs additional time.

Another way

Replace tuna with the same drained weight of canned pink salmon, removing any skin if desired and mashing soft edible bones into the filling.

Use 30 g finely chopped chives in place of spring onion for a gentler onion note.

Keep it well

Refrigerate cooked patties promptly in a shallow container and use within 3 days. Keep sauce separately for up to 2 days. Reheat patties to 165°F/74°C throughout, leaving yogurt cold. Freeze patties for up to 1 month and thaw in the refrigerator before reheating.