



# Make & Taste



## Tuna Rice Cakes

### You will need

- Mixing bowl
- Spoon
- Fork
- Serving plate
- Colander or small sieve
- Knife



### Ingredients

- Can of tuna fish (tinned in oil or water)
- Small can or half a can of sweetcorn
- Small red, yellow or orange pepper
- Cream cheese or mayonnaise
- Rice cakes, oatcakes or crackers



### How to make:

- Drain tuna and sweetcorn then put them into a bowl.
- Using a fork, break up the tuna flakes.
- Wash, deseed and chop the pepper into small pieces and add to the flaked tuna and sweetcorn in the bowl.
- Add a spoonful of mayonnaise or cream cheese and mix everything together.
- Spoon and spread mixture onto rice cakes, oatcakes or crackers.

For more easy,  
low cost recipes

