KIDS COLLAB
activating bodies and space

TERRIFIC TUNA FISH CAKES

FILL ME UP

PROTEIN POWER



hello life
REGISTERED DIETITIANS

KIDS COLLAB
activating bodies and space

hello life
REGISTERED DIETITIANS

Servings:
10 Fish Cakes

Prep Time:
10 Minutes

Frying Time:
5 Minutes

RECIPE INFORMATION

Details and Suggestions

KIDS COLLAB
activating bodies and space

INGREDIENTS

2 cans tuna fish (in water or brine)

¼ tsp pepper

3 tsp onion, minced

1Tbs fresh chives, chopped

2 Tbs mayonnaise

1Tsp mustard

1 egg, beaten

½ cup breadcrumbs

Olive or canola oil (for cooking)

EQUIPMENT



hello life
REGISTERED DIETITIANS

KIDS COLLAB
activating bodies and space

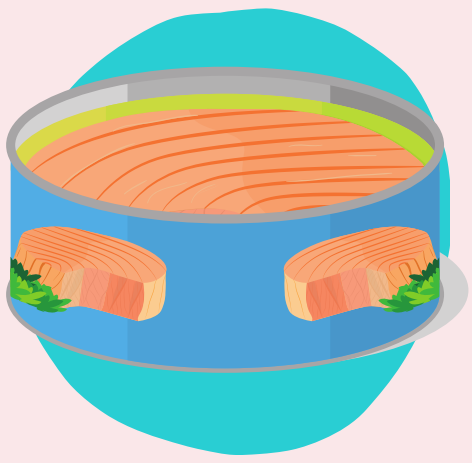
hello life
REGISTERED DIETITIANS

Step by Step

To be made under the supervision of an adult



KIDS COLLAB
activating bodies and space



STEP 1

Drain the liquid from the tuna cans



STEP 2

In a medium-sized bowl, mix the tuna with the pepper, onion, and chives

Ask your child to start identifying the different ingredients



STEP 3

Add the mayonnaise, mustard, egg and breadcrumbs and mix well



STEP 4

Form the mixture into patties

This is a great way for the kids to get involved and works on fine motor development at the same time



STEP 5

Heat a non-stick pan with a dash of oil and fry the fish cakes until golden brown on both sides

Please take caution when carrying out this step and make your child aware of the oven and stove-top safety

hello life
REGISTERED DIETITIANS

KIDS COLLAB
activating bodies and space



www.kidscollab.org

Contact Us:
admin@kidscollab.co.za

Share your journey with us and tag
@Kidscollabfb (Facebook)
@kids.collab (Instagram)



REACH OUT TO THE KIDS COLLAB TEAM IF YOU HAVE ANY QUESTION OR QUERIES ABOUT THE PROGRAMME

DISCLAIMER

Parents/ caregivers to use your own discretion and judgement when it comes to your child's capabilities in the kitchen and with the supervision of the chosen recipes. It is advised that all recipes are prepared under parental supervision especially with the use of sharp knives, hot ovens, and electrical equipment. Kids Collab is not liable for any injuries that may result from the recipe executions.

Parents/ caregivers must take the responsibility to review the listed ingredients before preparation to ensure that none of the ingredients cause a potential adverse effect to anyone consuming the food such as food related allergic reactions.

The information and guidelines provided by Kids Collab is not intended to replace the advice or recommendations from your medical professional or registered dietitian. It is important not to rely solely on the information provided and to seek consultations from healthcare professionals to receive personalised advice and treatment.

KIDS COLLAB
activating bodies and space

hello life
REGISTERED DIETITIANS