

Less than 30 minutes

Serves 4

Share with friends

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- 10 (about 1kg) large baking potatoes, peeled and cut into chunks
- Salt and milled pepper
- ½ tsp (3ml) paprika
- ¼ cup (60ml) canola oil
- 3 cans (170g each) tuna chunks, drained
- 1 can (410g) corn kernels, drained and rinsed
- 2 Tbsp (30ml) chopped parsley
- Juice (30ml) of ½ lemon
- ½ tsp (3ml) chilli flakes
- 3 spring onions, sliced (optional)
- 4 eggs, fried until crispy (optional)
- Fresh rocket or lettuce, for serving (optional)

Method:

1. Place potato chunks in a pot of salted water and boil for about 8-10 minutes.
2. Drain, rinse and shake to roughen sides (this helps to make the potatoes crispy when fried).
3. Season potatoes and sprinkle with paprika.
4. Heat oil in a large pan and fry potato in batches for 5-7 minutes or until golden and crispy. Drain on kitchen paper.
5. Combine tuna, corn, parsley, lemon juice, chilli flakes and spring onion, if using. Season.
6. Divide tuna mixture and potato between 4 bowls, top with egg and serve with rocket or lettuce.