

Tuna and potato loaf



6 people

20 min preparation time

45-50 min cooking time

All ingredients

For the loaf:

3 tins of 80 g la belle-iloise tuna in oil (or flaked)

2 eggs

1 packet instant mashed potatoes (125 g)

1/2 litre cold water

50 g breadcrumbs

15 g grated Parmesan

1 teaspoon capers

5 pitted black olives

4 salted anchovy fillets

1 pinch ground pepper

1 teaspoon chopped basil

1 teaspoon chopped parsley

For decoration: **1** lemon slice and **a few** sprigs of parsley

Steps

1- Preheat the oven to 180 °C (gas mark 4)

2- Coarsely chop the olives and the anchovies

3- In a large bowl, mix the eggs, cold water, pepper and potato flakes

4- Add the breadcrumbs, Parmesan, olives, anchovies, capers, herbs and then the flaked tuna with

its oil

5- Butter and flour a loaf mould and pour in the mixture

6- Bake for 45 to 50 min. Check cooking by inserting the tip of a knife into the centre: it should come out hot

7- Let the cake cool in the mould before covering and placing in the refrigerator

8- Unmould, cut into 1 cm slices and decorate with half a slice of lemon and a sprig of parsley.