

Brussel Sprouts, Toasted Pine Nuts & Tuna Patties

Makes 20 pieces

by Chef Norman Musa

Ingredients

300-400g leftover brussel sprouts (can be replaced with cabbage)
100g leftover carrot
1 medium egg
4 tablespoons breadcrumbs
1 teaspoon chilli flakes
2 teaspoons cumin seeds
1 teaspoon fine sea salt
50g pine nuts, toasted
150g tuna in a can
2 tablespoons virgin olive oil

Method –

1. Preheat the oven to 200°C
2. Add all the ingredients except for olive oil in the food processor and pulse until finely chopped and well combined
3. If you are using fresh brussel sprouts and carrot, you need to boil for 5 minutes before putting them in the food processor
4. Mould the mixture into patties about 5cm diameter
5. Place on a tray and bake for 10-12 minutes until crispy brown
6. Serve with yogurt or sweet chilli sauce if preferred.



Recipe by Chef Norman Musa,
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