



Love the taste every time.

Tomato Tuna Balls

Serves 6 (12 balls)

Prep time: 15 min

Cook time: 25 min

Time to table: 40 min

Ingredients

2 can (85 g) Clover Leaf® Flaked Light Tuna Tomato & Onion
½ cup each cooked mashed potato and sweet potato
⅓ cup frozen green peas
1 egg
¾ cup Kamut flakes or panko bread crumbs



Preparation

Preheat oven to 350F. Mix Clover Leaf® Flaked Light Tuna Tomato & Onion, potato, sweet potato, green peas and egg together – set aside. Pour panko bread crumbs onto a plate. Shape the mixture into a ball and roll into panko bread crumbs. Neatly line up the tuna balls onto a greased or parchment-paper-lined baking tray. Bake for 15-18 minutes (Kamut flakes) or 22-25 minutes (panko bread crumbs) until golden brown.

Nutrition Tidbit

“Clover Leaf® flavoured tuna is not only high in protein, but also low in saturated fat and free of trans fat. Combined with other ingredients in the Tomato Ball recipe, it creates a great balance of carbohydrates, vegetables and protein.”
– Registered Dietitian Sosan Hua

烤西紅柿吞拿魚球

6 人份量 (12 粒)

準備時間：15 分鐘

烹調時間：25 分鐘

共需時間：40 分鐘

材料

2 罐 (85 克) Clover Leaf® 西紅柿洋蔥風味淡吞拿魚
各半杯 馬鈴薯薯泥、番薯薯泥
⅓ 杯 青豆
1 隻 雞蛋
¾ 杯 卡姆小麥或日式脆粉

做法

將烤箱預熱至華氏 350 度。將 Clover Leaf® 西紅柿洋蔥風味淡吞拿魚、馬鈴薯薯泥、番薯薯泥、青豆及雞蛋攪勻，待用。將日式脆粉倒在碟上。將攪拌好的材料搓成球狀，沾上日式脆粉。在烤盤上放上牛油烘焙紙或塗上油，把吞拿魚球排在烤盤上。放進烤箱，烤 15-18 分鐘 (卡姆小麥) 或 22-25 分鐘 (日式脆粉)，至金黃色，即可享用。

營養小知識

「Clover Leaf® 風味吞拿魚不僅含高蛋白質、低飽和脂肪，且不含反式脂肪，配以烤西紅柿吞拿魚球的碳水化合物及蔬菜，令營養更均衡。」
– 註冊營養師許楚珊