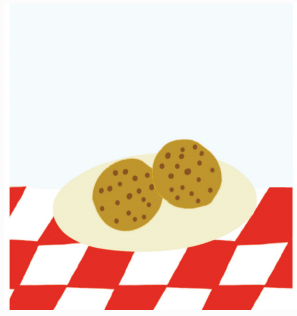




# COOK ALONG RECIPE:

## Tuna Croquettes



### SHOPPING LIST

-  • Egg - 1
-  • Lemon juice - 1 teaspoon
-  • Olive oil - 1 Tablespoon
-  • Mustard - 1.5 teaspoon
-  • Garlic powder - 1/2 teaspoon
-  • Tuna - 2 cans, drained
-  • Bread crumbs - 1/2 cup
-  • Salt as needed

### PREP LIST

- Drain and mash tuna
- Measure all ingredients

### FINE MOTOR SKILLS



- Cracking

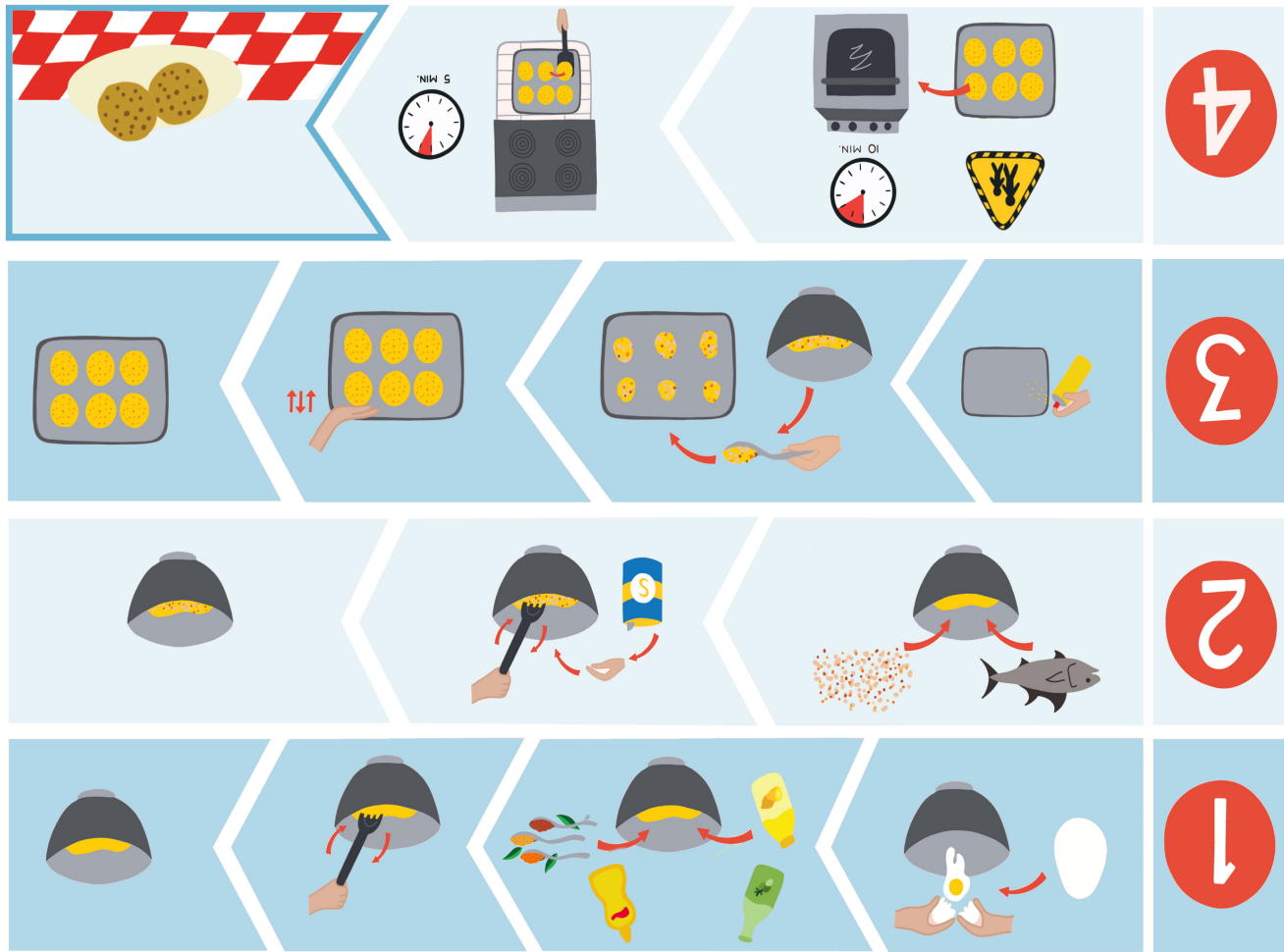


- Mixing








- Scooping

- 1** Preheat the oven to 400 degrees. Crack the egg into a bowl. Add in the lemon juice, oil, mustard and spices and mix well.
- 2** Add the tuna and bread crumbs and mix thoroughly to combine. Add in a pinch or two of salt to taste.
- 3** Spray a sheet pan. Scoop the tuna into patties and press down with the palm of your hand to flatten.
- 4** Bake for 10 minutes. Flip each croquette over and continue baking for another 5 minutes, or until golden brown on both sides.



# Tuna Croquettes

## Tools:

-  Bowl
-  Fork
-  Spoon
-  Baking Sheet
-  Spatula

